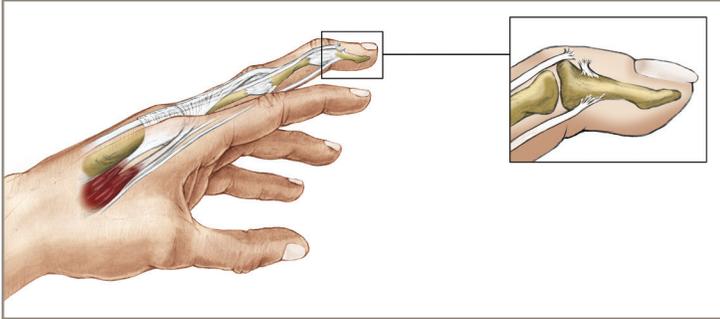


### Mallet Finger Instructions



#### 1 | WHAT IS A MALLET FINGER?

A mallet finger is a disruption of the tendon that extends the tip of the finger. This can be from a broken bone or from the tendon pulling off of the bone.



#### 2 | TREATMENT

- > Splinting is the main treatment. It can take 2-3 months of splinting.
- > The finger tip must be extended AT ALL TIMES.
- > If the finger bends or flexes, then the 2-3 months may have to restart.
- > Splint AT ALL TIMES for 8 weeks.
- > Splint at night while sleeping for 4 weeks.



#### 3 | SHOWERING AND HYGIENE

- > Shower or wash your hands with the splint on.
- > Lay your hand flat on a table or flat surface.
- > Slide the splint off. *KEEP THE FINGER STRAIGHT.*
- > Pat the finger dry. Make sure it is dry to prevent skin issues.
- > Slide the other dry splint on.

#### 4 | THINGS TO WATCH OUT FOR

- > The splints can cause skin irritation.
- > Make sure to keep the skin dry.
- > If the skin becomes irritated, then you can flip the splint upside down.

#### 5 | WHAT TO EXPECT

- > Mallet fingers rarely need surgery.
- > There is almost always a slight droop of the finger tip, regardless of surgery or splinting.
- > Expect a fully functioning finger.

*Please call 706-575-9847 with any questions or concerns.*