

Closed distal phalanx fracture discharge advice



You have broken a small bone in your finger known as the distal phalanx.

This type of fracture heals well – usually the only treatments required are painkillers and rest, however, if very painful, a plastic splint known as a mallet splint can be used.

This injury may be associated with bleeding under the nail and occasionally the blood may need released.

We would expect the fracture to heal within 3 to 4 weeks at which stage any splintage can be taken off.

After 3 to 4 weeks, you should use your hand as normal and work at regaining normal movement.

It may however take around 6 weeks for the pain to fully settle and to have normal function.

If the pain gets worse or lasts more than 6 weeks or you are concerned about your finger then contact fracture clinic at the number below.

Should you have any worries or concerns following discharge from hospital, please contact either the

- 1) Fracture Clinic: 02871611166
(8:45am until 4:45pm, Mon to Fri)
- or
- 2) Emergency Dept: 02871611379
(Outside these hours)