



Information for  
patients and  
carers

# Surgical Repair of a Mallet Injury

## Hand Therapy Advice

## What is an Open Mallet injury?

An open mallet injury is a cut, or wound, as deep as the tendon that straightens the end of your finger or thumb.

The term mallet describes the droop at the top joint of your finger. Losing the ability to lift it up is a concerning injury which has required you to have surgery to repair the tendon or bone. It takes time for this injury to heal so please take care to look after the surgical repair.

## Following surgery

- It is important that you attend the hand dressing clinic appointment to be fitted with the correct splint and to be given correct exercises to do at home

Appointment date and time: \_\_\_\_\_

- From here your splint that protects the repair must stay on all the time
- Try to keep your splint and wound dry when washing by covering it and keeping out of the water
- If required, stitches come out approximately 10-14 days after surgery
- When your wound has healed, you may be able to remove the splint to wash. Your therapist will explain how and when to do this

# Treatment

## Splint

You will be fitted with a custom made mallet splint on your first appointment; it is made out of a thermoplastic material that will be moulded to you. The splint will keep the end joint of your finger straight to protect the surgical repair. This will be placed over your dressings and may need adjustments by hand therapists to maintain the straight position of your finger as your dressings change or reduce, and if there are changes in swelling.

It may not be possible to fully correct the droop in the joint, but following this advice will help you to achieve the best result.

You must wear your splint continuously for 6 weeks, even when washing and showering. When the wound is ready to be washed, your hand therapist will show you a safe technique to remove, dry and replace the splint. This frequency is to be kept to a minimal as any change in position will reduce the effect of splint treatment.

Your splint has been fitted and provided for your use only and must not be used by another person. If your splint becomes ill-fitting, too tight, too loose or needs strapping replacement please contact the hand therapy department.

Splint Manufactured / Fitted by:

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## Exercise advice

It is important to keep all of your non-injured joints and fingers moving to prevent stiffness.

1. Use your opposite hand to bend each uninjured fingers/thumb into the palm and straighten it back up again
2. Bend the middle knuckle of your injured finger/ thumb

Repeat these every 2 hours in the day.

Avoid any exercise or activity which involves fingertip pressure or making a hook shape with all your fingers. This can cause it to bend, or stress the healing tissues even with the splint on.

- Do not use hook shape grip such as in cycling, or carrying a bag
- Do not grip to open jar lids or close zip fastenings

### **Progressing out of the splint gradually:**

Your 6 weeks post operation date is:

After assessing your finger your therapist will advise you on how and when to remove the splint in the day. You will need to continue wearing it at night until advised by your therapist.

Take your splint off for

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Make sure you continue to wear the splint for

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Continue to avoid hook and fingertip gripping.

To help reduce any stiffness and after assessment by the therapist you can start bending all your finger and thumb joints.

Use warm water to help the stretch, gently bend all your fingers, tucking them into the palm.

Do not force the operated joint to bend.

Use a plain white lotion to massage the scar of your injury. This can help to soften tight scar tissue.

## **Feedback about the care you have received**

We are always striving to ensure we provide the best possible care and improve our services based on what our patients tell us. We would really appreciate if you could take a few minutes to complete a short anonymous survey by scanning the QR Code below. Paper versions are also available in our department next to the anonymous drop box for posting your feedback.

# THE NHS FRIENDS AND FAMILY TEST

Have your say to improve your care. We would like your feedback on the care or treatment you have received today. Put us to the test and tell us what is working and what we can improve. You can say what you think as we do not ask for any of your personal details. The feedback will be used to plan and implement improvements to our services.

**THANK YOU** for taking the time to complete this survey.

Preston Hand Therapy



Chorley Hand Therapy



## Contact details

Should you require further advice or information please contact Hand Therapy at Royal Preston Hospital on 01772 522879 or Chorley District Hospital on 01257 245757.

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.patient.co.uk](http://www.patient.co.uk)

[www.accessable.co.uk](http://www.accessable.co.uk)

All our patient information leaflets are available on our website for patients to access and download:

[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)

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If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

**Gujarati:**

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

**Romanian:**

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.”

**Polish:**

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

**Punjabi:**

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲੋਂ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲੋਂ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

**Urdu:**

دو سر ی زبانوں او ر بڑی اگر آپ کو ہی معلومات سمجھنے کے لیے مدد کی ضرورت ہے تو یی چھپا یں ییہ ابی دست بو یسکت ہے برا ئے مہر یان پو ے یچھہی۔ معلومات

**Arabic:**

مطبوعة بأحرف كبيرة و بلغات إذا كنت تريد مساعدة في فهم هذه المعلومات يُرجى أن تطلب أخرى يمكن تو فسير هذه المعلومات

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**Division:** Diagnostics and Clinical Support  
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