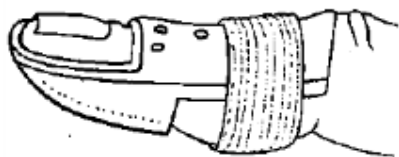
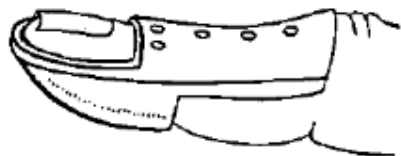


Mallet splints

A mallet splint is used to treat injury to the top joint of the finger. The splint is designed to keep your finger tip in an over extended position to allow the tendon to heal back and prevent the finger developing a permanent droop.



Once a week, remove the splint to clean the finger and splint:

Keep the finger supported and straight at all times; clean and dry the finger and splint. Slide back on and retape. **Do not** bend the finger tip at any stage. Keep the splint dry at all times. Cover for the shower / bath.

A mallet splint needs to be worn for six weeks continuously. At the end of this time you will begin to wean your finger off the splint.

Weaning the Mallet splint

After a period of total immobilization of six to eight weeks we recommend a splint weaning programme over the following four weeks.

Week one

Night: Wear splint all night

Day: Wear splint, but remove two to three hourly for exercise as below:
- bending
- straightening

Week two

Night: Wear splint all night

Day: Wear splint for heavy activities and sport only.

Week three

Night: Wear splint all night

Day: Wear splint for sport

Week 4

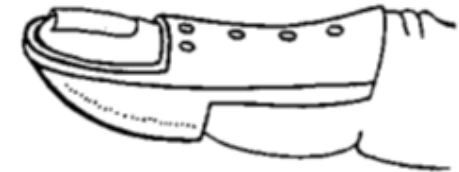
Night: Wear splint on alternate nights of the week.

Day: No splint

Please bring relevant X-Rays to all follow up appointments.

If you require further medical assistance following your consultation and your General Practice is unavailable, contact The 24 Hour Surgery:
Phone 365-7777, 401 Madras Street.

Mallet splints



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