

# Looking After a Child With a Minor Finger Fracture

## Information for Parents and Carers

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Your child has been diagnosed with a minor finger fracture. This is a common injury in children that heals very well.

### What is it?

This is a small break in one of the bones of the finger.

Your child's finger may be tender, bruised and swollen. The bruising may extend down onto the hand or further up the finger over the next week. The swelling may take several weeks to go away.

Finger movement may be painful and stiff initially. This should ease within the next 2 weeks but sometimes it can persist for several.

### Treatment

Your child has been assessed by a doctor or a nurse practitioner who is satisfied that the injury will heal with a supportive splint or strapping and gentle finger exercises.

#### Neighbour (or buddy) strapping:

The fingers will be taped together with some padding between them. You will be given spare tape and shown how to reapply it.

#### Mallet splint:

This plastic tube goes around finger tips which are injured and are held in place with tape and allow the tip to stay straight

**Please use the buddy strapping for .....days**

### Movement

After a finger fracture it is very easy for the finger to become stiff. Doing regular stretches and finger curls (where the tip of the finger bends in towards the pad at the bottom of the finger on the hand surface) can help. Some encouragement with this may be required.

**Sport / activities:** Please rest from activities such as ball, rough or contact sports (including activities such as trampolining, gymnastics and soft play) until the finger is no longer painful and is moving as normal. This may take several weeks.

## Keeping your child comfortable at home

**Positioning** – In the first few days pain can be a problem and raising the hand up on a pillow can be helpful.

**Pain relief** – your child may be sore for several days after the injury. The recommended dose of a simple pain relief such as paracetamol or ibuprofen can be given, always following the instructions on the bottle.

## Follow up

Your doctor or nurse practitioner is satisfied that your child does not need a follow up appointment for this injury as it will heal well without further review.

If you are concerned that your child is still in pain or that they are struggling with moving their fingers after two weeks please call **0131 312 0007** or **0131 312 0008** and ask reception to book an appointment in the Emergency Department review clinic

If you have any other concerns please phone our Plaster Room on **0131 312 0027**

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