

INSTRUCTIONS FOR NON-OPERATIVE TREATMENT OF MALLET FINGER

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General Instructions

- ✓ Use the supplied splint at all times 24 hours per day, 7 days per week for 8 weeks.
- ✓ After 8 weeks, use the splint at night only x 4 weeks
- ✓ Keep the splint on for showering / bathing
- ✓ We will supply you with 2 splints so that exchange is possible if one gets wet

Removing / Exchanging splint

- ✓ Place your finger on a flat surface, remove splint, and exchange for a dry one
- ✓ **WHILE EXCHANGING SPLINT, DO NOT TAKE YOUR FINGER OFF OF THE FLAT SURFACE, THIS WILL POTENTIALLY DISRUPT THE TENDON HEALING**

Follow-Up

- ✓ Please make an appointment to see me in the office at 8 weeks from time of initial splinting

FAQs

What if the splint doesn't fit right?

- *Please call the office and we will arrange to have it altered. A good fit is essential for optimizing treatment.*

What if the splint gets wet?

- *Please exchange it as described above for a dry one.*

What if I develop skin changes under the splint?

- *It is important to note the condition of the skin under the splint on a regular basis. When exchanging the splint after bathing, if there is any redness, bruising, or if a wound has developed, call the office immediately.*

Do I really have to wear it all the time for 8 weeks?

- *Yes. The injury to the tendon-bone interface takes a long time to heal. Following these instructions will help optimize your outcome.*

Please call the office at 203-758-1272 with any questions or concerns. Thank you!