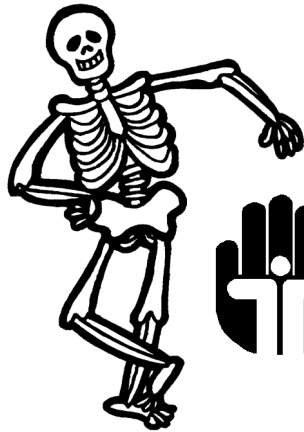


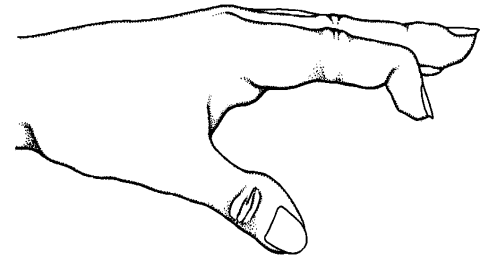
## Mallet Splints

Patient information - Ortho. Outpatients & Physio Departments



### Mallet Splints

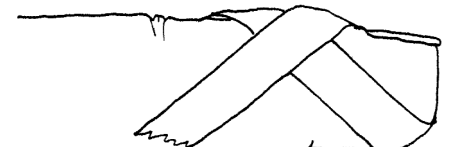
The splint is designed to keep your finger tip in an over-extended position to allow the tendon, and sometimes an associated small piece of bone, to heal. The splint prevents your finger developing a permanent droop.



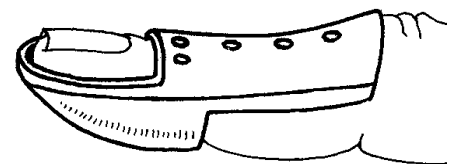
Because your finger is in a plastic splint for 6 weeks, it is important to take the splint off at least twice a day to wash and dry your finger thoroughly.

Gather together the equipment first before taking the splint off, i.e.. tape, wet flannel and towel. If the skin is getting moist and white looking, a wipe with surgical spirits may help to dry the skin. The Hand Physiotherapist or nursing staff will have applied some white tape which helps hold your finger in extension, whilst you have the splint off for the short time it takes to clean your finger and dry it.

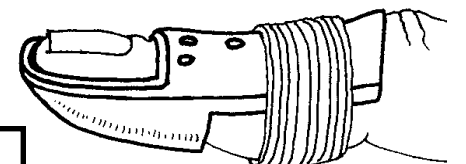
They will show you how to replace this tape when it needs to be renewed.



When sliding your finger back into the splint, make sure your finger is pushed into the end of the splint and then retape the splint as illustrated. Make sure the tape doesn't go over the second joint in your finger as this will cause your finger to become stiff.



Your finger is checked at one week to ensure the splint is fitting correctly.



**Orthopaedic Outpatients Department,  
Christchurch Hospital, Telephone: (03) 364 0800**  
**Physiotherapy Department,  
Christchurch Hospital, Telephone: (03) 364 0680**

For more information about:

- your health and medication, go to [www.healthinfo.org.nz](http://www.healthinfo.org.nz)
- hospital and specialist services, go to [www.cdhb.health.nz](http://www.cdhb.health.nz)