

# Discharge advice following a finger tuft fracture

## Information for patients from the Emergency Department

### What is my injury?

You have broken the tip of your finger; this bone is called the distal phalanx. This fracture may be called a tuft fracture.



Finger tuft fracture

### How is my injury treated?

You may use your hand as pain allows.

The break in your bone is in an overall good position; but will need time to heal. Finger strapping may provide extra support for your finger whilst it heals.



Finger strapping

### How long does it take to recover?

The pain, tenderness, and swelling you are experiencing in your finger will gradually get better over the next few weeks.



## What can I do to help my injury?

It is important to continue using your hand and keep the rest of your injured finger bending to stop it becoming stiff.

A cold pack can provide short term pain relief and can be applied for up to 15 minutes every few hours in the first few days.

## When can I return to my normal activities?

It will usually take between six to 12 weeks to return to normal activity.

## When should I ask for further help?

If you are still having issues two to three months after your injury, please contact the Virtual Fracture Clinic for further advice.

| Virtual Fracture Clinic                                   | Emergencies only (Monday to Friday) | General enquiries (Monday to Friday) | Contact number | Email  |
|---|-------------------------------------|--------------------------------------|----------------|--|
| William Harvey Hospital, Ashford                          | 9am to 12.30pm                      | 12.30pm to 5pm                       | 07929 87 83 50 | <a href="mailto:ekh-tr.VFCWHH@nhs.net">ekh-tr.VFCWHH@nhs.net</a>   |
| Queen Elizabeth the Queen Mother (QEQM) Hospital, Margate | 9am to 12.30pm                      | 12.30pm to 5pm                       | 07929 87 82 83 | <a href="mailto:ekh-tr.VFCQEQM@nhs.net">ekh-tr.VFCQEQM@nhs.net</a> |

**This leaflet has been produced with and for patients**

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

**Any complaints, comments, concerns, or compliments** please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 78 31 45, or email [ekh-tr.pals@nhs.net](mailto:ekh-tr.pals@nhs.net)

**Patients should not bring in large sums of money or valuables into hospital.** Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property had been handed in to Trust staff for safe-keeping.

**Further patient leaflets** are available via the East Kent Hospitals web site [www.ekhuft.nhs.uk/patientinformation](http://www.ekhuft.nhs.uk/patientinformation)