



Hand clinic

WHAT YOU NEED TO KNOW

You have a hand injury and have seen your doctor or nurse practitioner (NP). Here are some tips to follow at home.

Your injury:

The tip of your finger stays bent and doesn't straighten by itself.

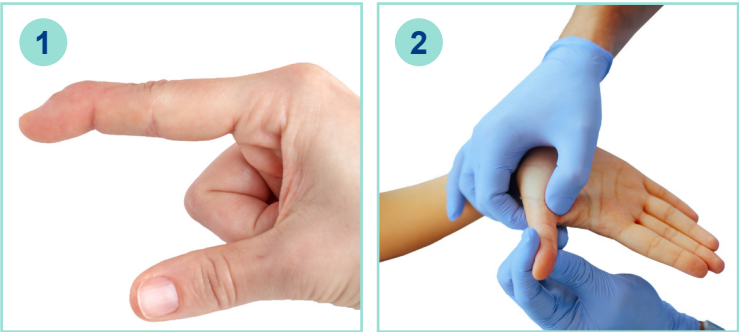
This is called a mallet finger (picture 1).

One of the joints in your finger was out of place, and has been put it back in position.

This is called a reduced and stable dislocation of the finger (picture 2).

A bone in your hand is broken but has not moved.

This is called a non-displaced fracture of the fingers or metacarpal bones.



What to do when you get home

1. Keep your splint on at all times until your next appointment with the occupational therapist and the plastic surgeon.



2. Do not strain your injured hand.



3. Follow the instructions from your doctor, NP, or pharmacist to manage pain, such as taking your medication as prescribed.



4. Keep your hand raised higher than your elbow, using a cushion or pillow whenever possible.

