


Information following discharge from Children's Emergency Department and Cromer Minor Injuries Unit Following an un-displaced Finger Fracture up to age 12

This leaflet explains how to manage a finger injury after you are discharged from the Emergency Department of Minor Injuries Unit.

- 1) Use strapping / splints for up to **3 weeks** (check skin between fingers daily to see if broken).
- 2) Encourage your child to move their fingers regularly, trying to make a fist and making them straight. This will reduce stiffness once the swelling is reduced.
- 3) Give your child regular pain relief (paracetamol or ibuprofen) as required.
- 4) Your child should avoid doing sports and contact/impact activities (bouncy castles/trampolines/soft play/PE etc.) for **4 weeks** after their injury.
- 5) Look out for for any of these concerns (called Red Flags )
 - a) Injured finger curling under other fingers when making a fist.
 - b) Not able to make a fist or straighten fingers by 3 weeks.
 - c) Not able to wiggle finger at all joints independently.

If you have any concerns about the 'Red Flags' described above or your child is not fully recovered in 4 weeks, please contact The Children's Orthopaedic Nurse Specialist on 01603 287266.

If you get the answer machine please leave your child's name, date of birth, the date you were in the Emergency Department or minor injuries unit and a contact number to call you back. We will aim to reply to your call within 48hs.

There is no routine follow up planned for this type of injury, as we expect your child to recover without difficulty by 4 weeks.

Please note: You may be contacted by the hospital if any x-rays have subsequently been reported as displaced fractures. You must then follow their updated instructions.

We aim to provide the best care for every patient. So, we would like your feedback on the quality of the care you have received from the Hospital. Please visit: <http://ratenhs.uk/IQu9vx> Or scan QR code:

