Mallet Finger Splint Care Instructions

- In order to achieve the best result, you must wear your splint 24 hours a day without interruption. The purpose of this splint is to not allow the tip of your finger to bend at all.
- The splint should be worn 24 hours a day for 6 weeks.
- Be sure to clean the finger daily to ensure proper skin hygiene and prevent breakdown. Wear the splint in the shower, and then remove it after for hygiene.

**Splint application**

Your finger **must remain straight** when putting on and taking off the splint. Lay your hand flat on a table to do the following:

1. Prepare all supplies prior to removing the splint.
   - ½-inch silk tape – cut to desired length
   - Hair dryer
   - Dry towel

2. Gently slide splint off keeping your hand flat on the table. **Do not** lift finger off table surface.
3. To dry finger, use other hand to lift the finger up by lifting at the fingertip. Keep your finger straight. Place finger on the dry towel.
4. Use a hair dryer on low heat to dry finger and splint.
5. Reapply splint by sliding it along the table top toward your finger. Use your other hand to lift up the tip to apply splint.
6. When the splint is reapplied, lift finger, holding splint to finger over the tape. Apply tape.

- You may notice that your skin turns white with wrinkles. This is due to moisture. Be sure to thoroughly dry skin before putting on the splint again.
- If the splint gets loose, notify your therapist.