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www.uclh.nhs.uk

Where can I get more information?
Call 111 when you need medical help fast, but it’s not an emergency.

Or visit:
www.nhs.uk/symptomcheckers

UCLH cannot accept responsibility for information provided by external organisations.

If you need a large print, audio or translated copy of this document, please contact us on 020 3447 0083. We will try our best to meet your needs.
**Introduction**
You have sustained an injury to one or more of your fingers. You may have been told that you have a fracture: this means that you have broken one of the small bones in your hand or finger.

**Treatment**
The treatment for this injury is the strapping of the injured finger to its neighbouring finger for two to three weeks. 

**Early mobilisation (movement) is important to prevent joint stiffness.**

**Advice**
- Do not take more than the recommended number of tablets for pain relief.
- **Keep your hand up!** Do not let your hand hang down by your side as this will increase the swelling. The more swelling there is the more pressure occurs on the injury and the more painful the injury becomes.
- When sat at home, keep your arm up (resting on the chair arm).
- At night, rest your hand on a couple of pillows, again to reduce swelling.

**What you need to reapply the strapping**
- Two lengths of strapping sufficient to go round both fingers.
- A piece of gauze to go between the injured fingers (this prevents the skin between the fingers becoming sore).

You can buy the strapping and gauze from the chemist.

**How to apply the strapping**
1. Place the piece of gauze between the injured finger and the adjacent finger.
2. Apply the strapping to the fingers, as shown in the diagram. Do not include the knuckles.

Strapping applied too loosely will not give adequate support; strapping applied too tightly will restrict the blood supply to the fingers.

If the fingers become swollen, numb, white, cold or blue:
- remove the strapping
- elevate the hand
- seek medical advice from your practice nurse or GP.