### Your Injury

- You have a minor break at the knuckle between your hand and your little finger
- This injury is quite stable and will likely heal without needing any further intervention
- Your knuckle may look different after your injury; this is expected
- You may also notice some shortening of the little finger as a result of this injury

### Your recovery

- It can take six weeks or more for your hand to return to normal function
- Particularly heavy lifting may cause pain for up to eight weeks after your injury
- Remove the strapping between the two fingers after one week

### General advice

- Avoid smoking as this can result in your bone healing more slowly, or not at all
- Avoid anti-inflammatory painkillers e.g. ibuprofen as these can also cause slower healing
- We recommend commencing movement of your fingers as early as possible (see overleaf). Perform each exercise 10 times to make one set, aim to complete 4 sets each day
Please contact the team at Trauma Triage Clinic if you have not received a telephone call or email regarding your treatment within one week of your attendance at the Emergency Department.

Trauma Triage clinic RVH:
(028) 90632925/
(028) 90632390 (8am-7pm)
Sr. Margaret Robinson

Emergency Dept. RVH:
(028) 90632250