

FINGER (TUFT) FRACTURE

This information leaflet is designed to provide general information and education on your finger fracture.

If you are ever unsure about the information or advice you have received please either:

- Ask a staff member
- Visit your local GP – your GP can contact the Orthopaedic Virtual Fracture clinic if required
- Contact 13 HEALTH (13 432584)
- Contact Ipswich Hospital Outpatients Department on 3810 1217

General Information

- You have sustained a fracture of your finger (5th Metacarpal).
- This is a very common injury and generally heals very well.
- The pain and tenderness in your finger should gradually settle as the healing process occurs.
- It is important to follow advice given in person in addition to this information sheet to promote full recovery.

Management

- Your finger fracture does not require specific treatment.
- It may be sore for up to 6 weeks. You should try to avoid using the affected finger in activities which are painful. Padding the finger may help.
- You should gradually return to full activities once the pain has settled.

Pain Relief

- Paracetamol and/or ibuprofen are excellent pain relief medications.
- They **must** always be taken as per dosage instructions on the packet or as advised by your pharmacist.
- **Do not** take medications which you may be allergic to or your GP has told you not to take.
- If you have any concerns or questions about your pain relief medications, please contact your local pharmacist, GP or call 13 HEALTH (13 432584).

Worries/Concerns

If at any point you are concerned, please contact:

- Your local GP
- Phone: 13 HEALTH (13 432584) – Available after hours
- Contact Ipswich Hospital Outpatients Department on 3810 1217