

Aftercare for the metacarpal bone neck or head fracture of your little or ring finger

Emergency Department

Information for Patients

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Discharge advice

Your X-rays have shown a fracture (break) at the knuckle end (known as the neck or head) of your ring or little finger metacarpal. The metacarpals are the long bones in your hand.

This kind of break usually heals without further surgery or treatment.

The orthopaedic team (bone surgeons) review all X-rays and records of people seen with fractures in the Emergency Department. If the orthopaedic team have any worries at all about how your break will heal, they will contact you.

What you can do to help your hand heal

Wear the fabric splint (Bedford splint) all the time for the next 3 weeks. We have given you a spare one, so you can change the splint every week or so to keep it clean.

If your hand is swollen, it needs to be raised up. We may have given you a sling. We recommend keeping your hand above the level of your elbow.

Try and use your hand as normally as possible. Taking painkillers will help with this. Make sure you regularly move all the joints in your hand, along with those close to the break. This **will not** cause any further damage. We also recommend the exercises below:



Bending (flexing) fingers



Straightening (extending) fingers

Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

What not to do

- Do not wear any rings on your injured hand for 6 weeks
- Do not play contact sports or do any heavy lifting for 6 weeks from the day of injury
- You **must not** drive until you can do an emergency stop and have full control of the steering wheel. Driving too soon is not only unsafe, but your insurance may not be valid.

What to expect

- Most of the discomfort should settle in the first 3 weeks.
- Normal movement and grip should return in 6 weeks.
- You may be left with a small lump over the fracture site.
- The knuckle may look flatter than before and the affected finger may droop a little. This will not affect how your fingers and hand work in the long term.
- You may no longer be able to straighten or raise the affected finger as high as the other side. This should not affect normal use of your hand.
- You may have heard of other treatments like manipulation, surgery, and different kinds of splints. Research has found that these do not help your fracture heal any better.

Contact details

If you have any worries in the first 4 weeks after the injury, please contact the Triage Room in Fracture Clinic for advice

0116 258 5430 Monday to Friday 8.00am to 8.00pm

You can also contact your GP.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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