

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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INFORMATION FOR PATIENTS

Discharge advice

Finger dislocations



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What is a finger dislocation?

Dislocation of any joint means the two surfaces of the joint are no longer in contact with each other. This can happen with any finger or thumb joint.

The most common finger dislocation involves the middle joint. Most dislocations occur as the result of a fall or a sporting accident, with the direction of the dislocation depending on the forces applied at the time of the injury. Some dislocations may also be associated with a fracture of the bones involved.



Swelling and bruising at the injury site is normal. Simple, over the counter pain killers and applying ice to the area will help to reduce swelling and pain. Ice should be applied, wrapped in a tea towel, for 20 minutes three to four times a day.

These injuries can be protected by strapping the injured finger to the finger next to it. This may be done by taping your fingers together or using a double tubigrip. This acts as a splint to protect the healing bone from too much strain, but also allows for early movement of your fingers.

You should:

- Keep the splint / strapping intact until you are advised to remove it.
- Apply ice and elevate your hand to reduce swelling.
- Move your finger as comfort allows with the splint / strapping intact.
- Take simple over the counter pain killers as needed.
- Remove any rings or jewellery from the affected hand.

You should not:

- Take part in any physical or contact sports for at least six weeks unless recommended otherwise.
- Miss any appointments with the specialists if these have been requested.

Problems and further advice

A fracture liaison service is available, and advice can be given over the telephone.

If there are any issues or you have any concerns/questions, we advise you seek help.

Call the fracture liaison nurses on 01623 622515, extension 4114 between 8am and 4pm, Monday to Friday.

Outside of these hours, or for urgent advice, please go to your nearest Emergency Department.