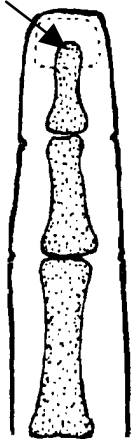




# Student Health Center UNC Wilmington

## INSTRUCTION SHEET: FINGER FRACTURE (TUFT)



The Student Health Provider has diagnosed a fracture (break) of the tuft of your finger. There are three bones in each finger. The tuft is the end of the last bone in the finger.

Symptoms of a tuft fracture include pain and swelling in the fingertip. The pain and swelling usually decrease after a day or two, but the fingertip will still be tender for several weeks if you bump it.

A splint is often put on a finger to treat a tuft fracture. The function of the splint is to protect the finger, decreasing pain and allowing use of the finger. The splint can also help speed healing.

Typically, tuft fractures heal quite well over a period of several weeks. If there is a cut associated with the fracture, you should watch closely for infection in the fingertip.

### MEASURES YOU SHOULD TAKE TO HELP TREAT YOUR FINGER FRACTURE:

- 1- Rest your finger. Minimize use of the finger as possible.
- 2- Elevate and apply cold to the finger, especially the first 48 hours. Elevation and cold help decrease pain and swelling.
- 3- Over-the-counter pain medications can relieve discomfort associated with a tuft fracture. Acetaminophen (Tylenol), ibuprofen, or naproxen can be taken, depending on individual preference.
- 4- Wear the splint for comfort, especially when you are using the finger.
- 5- If you do not show progress in healing (decrease in pain and swelling), return to the Student Health Center or see your personal/referral family or orthopedic (bone) doctor. If you detect signs of infection (increasing pain/swelling/redness, pus, red streaks), see a provider promptly.