

# Fingertip Injury (children)

The purpose of this leaflet is to help you manage your child's fingertip injury.

## What is a fingertip injury?

Fingertip injuries are commonly caused by crushing or laceration with a sharp object. These injuries can involve displacement of the nail/nail bed. Occasionally there may be an accumulation of blood under the nail (sublingual haematoma) which would need to be drained in the Emergency Department.

## Treatment

Many injuries will need to be treated in hospital and may even require surgery to repair the wound. At the hospital, paracetamol or other painkillers will be given to your child to relieve pain. You can continue this at home.

## Aftercare

Patients should be aware that recovery from a fingertip injury varies, depending on the severity of the injury. In some cases, physiotherapy may be required together with the use of a hand splint. Depending on the required management for the injury, you will be given advice from the physiotherapist and/or occupational therapist.

## Pain management

The injury will be painful and your child will require painkillers. The medical and nursing staff will advise you regarding doses and types of painkillers to give to your child. For certain injuries, your child may need to be prescribed painkillers that cannot be purchased at the chemist.

## Advice on caring for the injury at home

If your child has a dressing to cover the wound:

- Keep it dry and as clean as possible.
- Contact the Children's Plastics Dressing Clinic/Children's ED if the dressing becomes wet or falls off.
- Encourage exercise of all the fingers unless otherwise advised.
- Keep the affected hand elevated to reduce excessive swelling.
- Avoid playing with sand and water.

**If there is intolerable oozing, bleeding or pain, contact Children's ED immediately.**

## Follow-up

Any follow-up appointment will be arranged by the hospital.

## Useful contact details

### East and North Hertfordshire Teaching NHS Trust:

- Website [www.enherts-tr.nhs.uk](http://www.enherts-tr.nhs.uk)
- Telephone 01438 314333

### Bluebell Ward, Lister Hospital:

- Telephone 01438 284008

### Children's Day Surgery, Level 4, Lister Hospital:

- Telephone 01438 285775

### Children's ED, Lister Hospital:

- Telephone 01438 284333

### Paediatric Plastics Dressing Clinic, Lister Hospital:

Bramble Ward, Lilac Zone on Level 2

- Telephone 01438 285496

## Leaflet information

**You can request this information in a different format or another language;  
please speak to your doctor or nurse.**

**Date of publication:** June 2007

**Version number:** 6

**Author:** S Papanastasiou, J Callard

**Reference:** Children's Services

**Review Date:** January 2029

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