



# Injured finger: aftercare advice

## Information for patients from the Emergency Department

Please speak to a healthcare professional before following the advice below

### What treatment will I receive?

#### Neighbour strapping (also called buddy strapping)

- This is one of the treatments for bruised or broken fingers.
- Your injured finger / toe is supported by its neighbouring finger, with a firm strapping.
- It should be worn for \_\_\_\_\_
- The strapping should not be removed when you have a wash, shower, or bath as it may be stabilising your injury. After you have washed, place your hand on a flat surface, remove the old strapping and throw it away, then dry your hand and reapply the strapping as instructed.



Neighbour strapping (also called buddy strapping)

Contrast baths are also very helpful in reducing the swelling and discomfort. For more information, ask a member of staff for the Trust's **Contrast bathing and exercises** leaflet.

### How do I reapply the strapping?

- You will need gauze and firm tape (such as zinc oxide tape or tape which does not stretch). If you are allergic to these use a hypoallergenic tape.
- Cut a piece of gauze to approximately the same length as the fingers to be strapped and put the tape between them (see image above).
- Apply one length of tape around the base of your fingers, making sure it is below the joint.

- Apply a second length of the tape above the joint; this allows you to gently move your fingers.
- Do not apply the tape too tightly, especially if the area is swollen as this could restrict your circulation.

### How can I help with my recovery?

- Follow carefully the instructions given to you by the clinician, regarding your injury and using your sling.
- Remove your sling at night.
- If you have any concerns or questions about your sling, please contact your GP or one of the Urgent Treatment Centres for advice.
- Move your fingers every 10 to 15 minutes, as instructed by the clinician.
- Do not wear any rings on your injured hand at any time, until you have fully recovered.
- You must keep moving your unaffected joints, as instructed by the clinician. Sometimes this can be uncomfortable but it should not be very painful. Do not be afraid to gently move the affected area as your pain allows. Painkillers such as paracetamol or ibuprofen, may help to relieve your discomfort.

### What if I have any concerns?

If you notice excessive swelling, tingling, or blueness, contact your GP or go to your nearest Emergency Department or Urgent Treatment Centre.

**This leaflet has been produced with and for patients.**

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

**Any complaints, comments, concerns, or compliments** please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 783145, or email [ekh-tr.pals@nhs.net](mailto:ekh-tr.pals@nhs.net)

**Patients should not bring large sums of money or valuables into hospital.** Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property has been handed into Trust staff for safe-keeping.

**Further patient leaflets** are available via the East Kent Hospitals website (<https://www.ekhuft.nhs.uk/information-for-patients/patient-information/>).

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