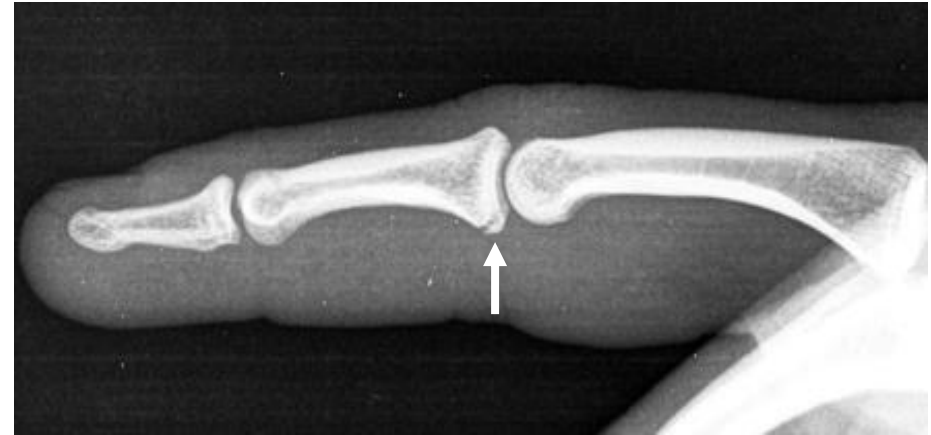


Discharge advice

- volar plate avulsion finger injury.

- You have pulled off a small fragment of bone in your finger joint.
- If you find it useful, strapping your finger to the next one may help to support it.
- It is important to move the finger within the limits of discomfort and to gradually resume activities of daily living.
- The majority of these injuries heal without any problems - however it may take several months to regain movement.



- If your movements stop improving or you are worried for any reason please contact the fracture clinic.

Should you have any worries or concerns please contact the Fracture Clinic Helpline.

0141 211 4239

(09.00am until 4.00pm, Monday to Friday)