

Minor Injury Units and Urgent Treatment Centre

Our minor Injury Units and Urgent Treatment Centre support the local community with urgent minor injuries and/or illnesses. They are led by our specialist emergency nurse practitioners, who are fully trained in both adult and paediatric care.

They are walk-in centres so you don't need an appointment or a referral – you can just arrive at the centre during opening hours. These centres are not appropriate for life-threatening injuries or serious illnesses.

Bristol Urgent Treatment Centre

Minor injuries and illnesses
Open 8am–8pm, 7 days a week
South Bristol NHS Community Hospital,
Hengrove Promenade, Hengrove,
Bristol, BS14 0DE
T: **0300 124 6260**

Yate Minor Injury Unit

Minor injuries only
Open 8am–8pm, 7 days a week
Yate West Gate Centre, 21 West Walk,
Yate BS37 4AX
T: **0300 125 6800**

Clevedon Minor Injury Unit

Minor injuries only
Open 8am–8pm, 7 days a week
North Somerset Community Hospital,
Old Street, Clevedon, BS21 6BS
T: **01275 546852**



Let us know what you think and get involved

T: 0300 124 5300*
E: sirona.hello@nhs.net
W: www.sirona-cic.org.uk

*Calls from landlines are charged up to 10p per minute; calls from mobiles vary, please check with your network provider. This is not a premium-rate number.

This document can be provided in other formats and languages, please contact us for more information.

Date of creation: 07/22
Date for review: 07/24
URN: 0269

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Mallet Finger

Information for people attending our Minor Injury Units and Urgent Treatment Centre

Service provided by



What is a mallet finger?

A mallet finger is caused by a rupture of the tendon at the tip of the finger. Sometimes, the tendon may pull off its bony attachment. As a result, you are unable to straighten your finger tip on its own, although it can be pushed straight. Unsupported, the fingertip will have a characteristic 'droop'. In most cases, it is not painful, but more of a nuisance.



How is the mallet finger treated?

Your finger is placed in a special plastic splint holding the tip straight for 6 - 8 weeks. During this time, the fingertip must be kept straight at all times, so healing can take place. It is essential that you carefully follow the instructions given to allow healing.

Your splint

Your splint should be a comfortable fit, not too tight or loose. If it becomes loose, then you should return to us for a better fitting splint.

The splint holds the tip joint straight, but should allow full movement of the middle joint of the finger to avoid it stiffening.

You must ensure that the finger stays dry within the splint, which is not an easy task! Use a large protective rubber glove.

Should your finger get wet inside the splint, then you will need to remove the splint and dry it and your finger.

Each time you remove the splint you increase the risk of bending your finger and re-damaging the healing tendon. So, only remove it when absolutely necessary i.e. when the finger and splint need cleaning or if they get wet.

When removing the splint

It is essential to follow the instructions below and it is helpful if you have someone else around when you do it.

- First, place your hand on a flat, firm surface i.e. a table.
- Loosen the tape and gently remove the splint keeping your finger flat on the table.
- Wash the top and sides of your finger with soap and water. To get underneath you can lift the finger up on its tip (maintaining the straight position).
- Dry the finger thoroughly.
- The splint will also need cleaning, but it is easier if someone does this for you.
- Carefully slide the splint back into place without allowing any bend, re-tape and secure. Make sure that the tape does not restrict the movement of the middle joint of the finger.

You will soon get used to this routine and it should be followed for the full 8 weeks.

After the 8 weeks

Follow up will be arranged by the Plastics Team.

In summary

- Keep your splint on
- Keep your fingertip straight
- Keep it dry

You will be referred to the specialist hand clinic within the next few days, who will review your finger injury and continue to manage your care.

Pain relief medication

Pain relief medication can help you to reduce the pain allowing you to undertake any suggested exercises and movements of the injury. Moving will help ease the pain and speed up your recovery significantly. Simple pain relief medications such as Paracetamol and Ibuprofen are often all that is required. Please read the medication instructions before taking anything.

Call 111 if you urgently need medical help or advice but it's not a life-threatening situation.

For less urgent health needs, contact your GP or local pharmacist in the usual way.