



University of North Carolina Wilmington
Abrons Student Health Center

INSTRUCTION SHEET: FINGER INJURY, MILD Treatment: Splint / Buddy Wrap

The Student Health Provider has diagnosed a finger injury, most likely a bruise or a sprain. A sprain is a stretching or tear in ligaments and tendons (rope-like bands holding bones and muscles in place). No large fracture (break) or dislocation of your finger is apparent.

A bruise or sprain is a significant injury, and should be treated, not ignored. Also, a hidden break could still be present; proper initial treatment of a bruise/sprain also treats a hidden hairline fracture. **However, if your symptoms persist, repeat evaluation is necessary.**

MEASURES YOU SHOULD TAKE TO HELP TREAT YOUR FINGER INJURY:

1. Rest your finger. Minimize use of the finger as possible.
2. Elevate and apply cold to the finger, especially the first two days after injury. Elevation and cold help decrease pain and swelling.
3. Over-the-counter pain medications can relieve discomfort associated with a finger injury. Acetaminophen (Tylenol), ibuprofen, or naproxen can be taken, depending on individual preference.
4. Wear the splint / buddy wrap for comfort, especially when you are using the finger.
5. If you do not show steady, significant progress in healing (decrease in pain and swelling) over the next 5 to 7 days, return to the Student Health Center or see your personal/referral provider promptly.
6. If you are sent for an X-ray, a report on the X-ray should be called to you within 24 hours from the time you are X-rayed. If you have not heard from your provider within 24 hours, return to the Student Health Center as soon as possible to get the report, or call your provider.
7. If you are having severe pain or an unusual problem, return to the Student Health Center or see your personal/referral provider promptly.
8. Allow *at least* two weeks for the finger to heal before attempting any sports (longer if activity causes finger discomfort). You should have full, pain-free movement of the finger before playing any sports.