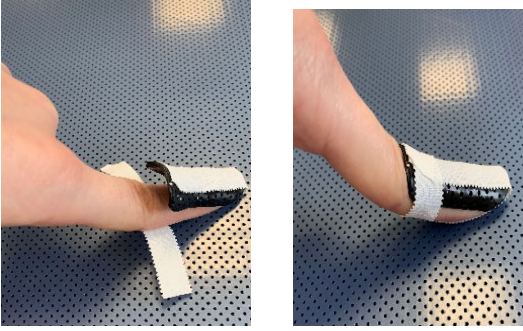
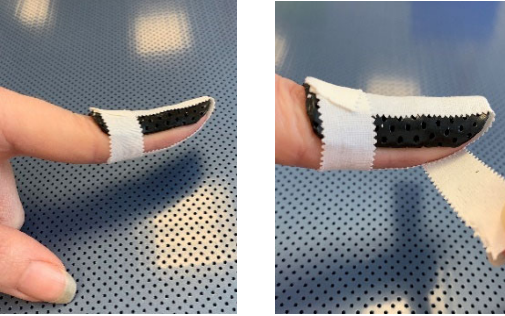
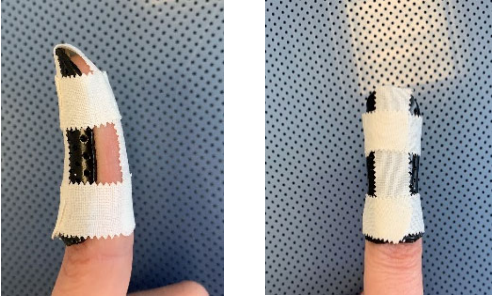



# Guidance on how you can change your custom-made bony mallet splint

	<p><b>Preparation</b> You will need:</p> <ul style="list-style-type: none"> <li>- Tape (zinc oxide, e.g. Strappal)</li> <li>- Your splint</li> <li>- Scissors</li> <li>- Someone to help if you feel you cannot manage this on your own</li> </ul> <p>Cut:</p> <ul style="list-style-type: none"> <li>- 1x long strip that will be applied the length of your finger</li> <li>- 2x smaller strips that will go around your affected finger</li> </ul> <p>If you wish to apply two layers of tape, prepare the double amount of tape</p>
	<p><b>Cleaning</b> Maintain your finger supported at all times, never lifting your finger off the table. Using a wet cloth or a wipe, carefully clean your finger. You can slide your cloth/ wipe in order to clean the pulp of your finger.</p> <p>Ensure your skin remains intact and does not have any skin maceration (i.e. patches of white which smell like cheese), redness or pressure sore.</p>
	<p><b>Taping Process</b></p> <p>Using scissors or any other suitable object, turn the tape upside down in order to expose the sticky side.</p> <p>Place your finger tip in the centre of the tape, ensuring the front of your finger is entirely stuck to the tape.</p>
	<p>Release the tape from the scissors.</p> <p>Using your other hand, pull the tape upwards, towards the ceiling, in order to fully straighten your finger.</p> <p>Place the splint on the finger</p> <p>Carefully fold the tape over the splint.</p> <p>Make sure that the tape is not too tight as the tape does not stretch.</p>

	<p>Straighten finger by lifting hand upwards.</p> <p>Apply shorter tape strip around base of splint.</p> <p>Make sure that the tape is not too tight as the tape does not stretch.</p>
	<p>You can now lift your finger off the table.</p> <p>Apply the remaining tape strip to support the pulp of your finger and to ensure your finger is flush against the splint.</p> <p>Make sure that the tape is not too tight as the tape does not stretch.</p>
	<p>This is how your splint should look like.</p>
	<p>Please pinch the tip of your finger to ensure that the latter remains pink. If your finger tip remains white for more than 2 seconds, you have applied the tape too tightly and you need to start again.</p>

## MyChart

Our MyChart app and website lets you securely access parts of your health record with us, giving you more control over your care. To sign up or for help, call us on **020 3299 4618** or email **kings.mychart@nhs.net**. Visit **www.kch.nhs.uk/mychart** to find out more.

## PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. They can also pass on praise or thanks to our teams.

Tel: **020 3299 4618** Email: **kings.pals@nhs.net**

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