University Hospitals Dorset
NHS Foundation Trust

Finger or toe strapping

Emergency department Patient information

The purpose of strapping is to stabilise the injured finger or toe (both sometimes called digits) by using the finger or toe next to the injured one as a splint.

While your finger or toe is recovering, please do not:

- wear any rings at any time on the injured finger/toe until it is fully recovered.
- get the strapping wet - you can keep it dry by protecting with a plastic covering. If you do get it wet you can reapply the strapping yourself, ensuring it's not too tight or over the joints.

Please:

- exercise the strapped digits regularly by bending the joints.
- If the digits are strapped using tape, ensure the strapping is secure but not too tight and does not slip over the joints, as the joints must remain free and mobile.
- remember to put some gauze in between the two digits to prevent sweating and blisters when changing the strapping.

If any of the following signs are noted, you should remove the strapping:

- pins and needles in the strapped digits.
- discolouration in affected digits.
- increased swelling.
- increased pain.

These symptoms are unlikely to be anything concerning, however if they occur, or your original symptoms persist for more than 2-4 weeks, you should contact your own GP for further advice.

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