

Broken Finger Treatment

1. Immobilize the Finger

- Tape the broken finger to an adjacent non-broken finger.

2. Control Swelling

- Cool the finger by applying ice that is wrapped in a towel -- don't apply ice directly to the skin; it can cause a burn.

3. Get Help

- Call a health care provider or go to a hospital emergency room immediately so the broken finger can be X-rayed and properly set. Without treatment, it may not heal properly and could lead to a permanent deformity.

4. Treat Symptoms

- Use an over-the-counter pain medicine such as acetaminophen (Tylenol) or ibuprofen (Advil, Motrin).