

# Clinodactyly in children

**This leaflet offers more information about your child's clinodactyly of the finger or thumb. If you have any further questions or concerns, please speak to the staff member in charge of your care.**

## What is clinodactyly and why has my child got it?

Clinodactyly is an abnormal bending of a finger or the thumb towards the next finger.

It is most common with the little finger curving towards the ring finger but can affect any finger or the thumb.

Clinodactyly is caused by one side of the middle bone of the finger or thumb growing more slowly than the other and making it bend. This may also be because the growth plate is along the side of the bone as well as the bottom.



## What are the treatment options?

Splinting doesn't help clinodactyly and because it doesn't normally cause pain or stop your child using their hand, surgery is not usually needed.

If this changes and the finger or thumb curves so much it stops your child using their hand normally, surgery may be needed. A cut will be made in the bone so the deformity can be corrected. This often means a small pin known as a k-wire is placed across the cut bone to stabilise it until it has healed. If the bending happens again more surgery may be needed.

If your child does have surgery it will be done as a day case under general anaesthetic. You will be able to discuss the anaesthetic with the anaesthetist on the morning of the operation.

## What will the follow up be?

Your child may be followed up in the outpatients' clinic to see how much their finger or thumb is bending, to check it is not getting worse and stopping them using it properly.

After surgery, your child will need to wear a dressing for about three weeks, when they will be given an appointment to be seen in the congenital limb clinic. At this appointment the dressing will be removed, your child's wounds checked and any k-wires removed (with no need for any anaesthetic). Your child may then be given a splint by the hand therapists to wear for a few weeks to protect their finger or thumb.

## Useful sources of information

The British Society for Surgery of the Hand have a useful website:

[www.bssh.ac.uk](http://www.bssh.ac.uk)

## Contact us

If you have any questions or concerns about clinodactyly, please contact the plastic surgery department on 020 8725 1134 (Monday to Friday, 9am to 5pm). Out of hours, please contact the on-call plastic surgery senior house officer via the hospital switchboard on 020 8672 1255.

If you have any questions or concerns about a splint that has been made for your child by the hand therapists, please contact the hand therapy department on 020 8725 1038 (Monday to Friday, 9am to 4.30pm).

You can also contact the paediatric plastic surgery clinical nurse specialist on 020 8725 2656 and leave a message on the answerphone.

If your query or concern is urgent please don't leave a message but contact the on-call plastic surgery senior house officer, or following surgery contact the ward you were discharged from:

Nicholls ward on 020 8725 3389 or 020 8725 2098

Freddie Hewitt ward on 020 8725 2074

Pinckney ward on 020 8725 2082

Jungle ward (Monday to Friday, 7.30am to 8pm) on 020 8725 2034.

For follow up appointments please contact the plastic surgery appointment desk on 020 8725 5855.

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9am and 5pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough Wing (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

### NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111

