

# Clinodactyly in Children

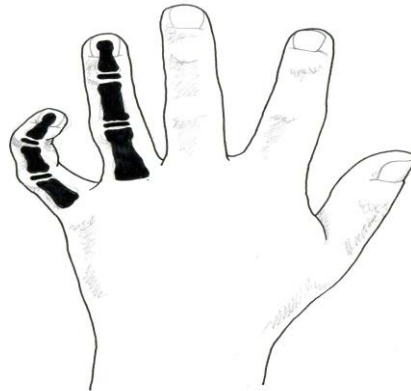
This leaflet provides information about your child's clinodactyly of the finger or thumb. If you have any further questions or concerns, please speak to the staff member in charge of your care.

## 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 situation changes and the finger or thumb curves so much that it stops your child using their hand normally, surgery may be needed. A cut will be made in the bone so that 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: [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.

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

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 from which your child was discharged:

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 (7 days a week, 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)**

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## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm

Friday between 10am and 2pm.

Please contact PALS in advance to check if there are any changes to opening times.

The Walk-in and Advisory telephone services are closed on Wednesdays.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough Wing.

**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

### **AccessAble**

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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