

Felon (Fingertip Pulp Infection)

Trang này được dịch bằng máy và chưa được bác sĩ kiểm tra. **Bản tiếng Anh** là bản chính thức.

What you're feeling

A felon is a painful infection in the soft pad at the tip of your finger. You will likely feel a deep, throbbing ache that seems to pulse with your heartbeat. The pain is often intense and constant, making it difficult to ignore. Your fingertip will feel tight, swollen, and very tender to the touch. Even light pressure can cause sharp discomfort.

You may notice that the skin over the infected area becomes red, shiny, and warm. The swelling can make the fingertip look bulbous or rounded. Because the tissue in your fingertip is divided into small compartments, pressure builds up quickly inside. This trapped pressure is what causes the severe throbbing sensation.

The pain often worsens at night or when you rest your hand. You might find it hard to sleep because the throbbing keeps you awake. Simple daily tasks become challenging. Holding a cup of coffee, typing on a keyboard, or buttoning your shirt can be painful. Even brushing your teeth or picking up small objects may feel difficult due to the sensitivity.

In some cases, you might see a small area of white or yellow pus under the skin. This indicates that the infection is collecting in one spot. If you have had an animal bite recently, or if the infection does not seem to follow a typical pattern, it is important to mention this. Rare infections can mimic common felons but require different care.

Early treatment is essential. Delaying care can lead to serious complications, including damage to the bone in your finger (osteomyelitis). This can affect hand function long-term. Your surgeon will examine your hand to confirm the diagnosis. They may order imaging or blood tests to rule out other conditions. Most straightforward infections can be diagnosed through a physical exam alone.

If you suspect you have a felon, seek medical attention promptly. Proper diagnosis and timely treatment help prevent the infection from spreading. This reduces the risk of long-term issues and helps you return to normal activities sooner.

What's actually happening

A felon is a painful infection in the soft tissue at the very tip of your finger. This area is packed with tight, vertical walls of connective tissue. These walls create small, sealed compartments. Think of them like the chambers in a honeycomb or the cells in a sponge.

When bacteria enter this space, your body sends fluid and immune cells to fight them. This causes swelling and pus to build up inside those tight compartments. Because the tissue is so dense and unyielding, the pressure has nowhere to go. It builds up rapidly against the sensitive nerve endings. This is why the pain is often described as throbbing or intense.

The fingertip has a dual blood supply to keep the tissue healthy. However, that high pressure from the infection can squeeze these blood vessels shut. If the blood flow is cut off, the tissue at the tip can start to die. This is a serious risk if the infection is not treated quickly.

Your surgeon will look closely at your finger to confirm this diagnosis. It is important to distinguish a felon from other conditions that might look similar but require different care. Early identification is essential. Delayed treatment can lead to deeper infections in the bone or even more severe complications.

We aim to manage this promptly to protect the function of your hand. The fingertip is vital for grip and sensation. By understanding how the anatomy traps pressure, you can see why timely relief is so important for your recovery.

What we can do about it

Dr Kieran Hirpara, an upper-limb surgeon at Mater Private Hospital Rockhampton, starts with the least invasive options that suit your condition.

For a simple fingertip infection, we often begin with self-care. You should keep the hand elevated to reduce swelling. Warm water soaks can help bring the infection to a head. If you see a physiotherapist, they will guide you through gentle movements to keep the finger flexible while it heals. We usually advise giving this approach a few days to work. If the pain worsens or the redness spreads, you need to stop home care and seek medical advice immediately.

If self-management is not enough, we move to medical treatment. We may prescribe antibiotics to fight the bacteria causing the infection. For pain, we recommend standard painkillers and anti-inflammatories. In some cases, if there is significant swelling or stiffness after the acute phase, we might consider an injection. Cortisone injections can reduce inflammation, while hyaluronic acid injections help lubricate the joint. Platelet-rich plasma (PRP) injections use your own blood cells to support healing. These treatments aim to control symptoms and support tissue repair while your body fights the infection.

Surgery is considered when conservative care has not cleared the infection or if there is a risk of deeper damage. A felon can sometimes lead to osteomyelitis, which is a bone infection. This can have serious effects on hand function if not treated promptly. We use imaging and laboratory tests to check for bone involvement. Early bone changes can be detected before they show up clearly on standard X-rays. If the infection is deep or

has reached the bone, we may recommend surgical drainage or debridement to remove infected tissue. In rare cases where the infection is severe and threatens the finger's survival, especially if you have arterial calcification, early amputation may be necessary to stop the spread of disease. We discuss these options with you to ensure you understand the risks and benefits.

Patients are generally referred to our clinic by their GP; if a physiotherapist has suggested you see us, you will still need a referral from your GP in order to be eligible for the Medicare rebate.

What to expect

A fingertip infection, often called a felon, is a common but painful condition. It causes swelling and throbbing in the very tip of your finger. Because the fingertip has tight compartments, pressure builds up quickly. This makes the pain intense and can make it hard to use your hand.

If you receive early identification and treatment, you can achieve optimal outcomes. Your surgeon will likely recommend prompt recognition and early aggressive debridement. This means cleaning out the infected area thoroughly. You will also need appropriate antimicrobial coverage to fight the bacteria. When managed well, the infection settles, and your finger heals.

It is essential to act quickly. Hand infections are associated with a high rate of complications that are often difficult to manage. Delayed diagnosis of hand infections can result in amputation or death. Osteomyelitis of the hand is uncommon but can have devastating effects on hand function if not adequately and promptly treated. These infections include a diverse array of entities with potential for serious morbidity.

If left alone, the infection may persist and spread. The pressure can damage the bone and soft tissue. This can lead to long-term stiffness or loss of function. In severe cases, it can lead to the loss of the finger or even life-threatening systemic infection. Paronychias and felons are the most common hand infections, but they are not something to ignore.

Recovery realistically feels like a process of reducing pain and restoring movement. Once the infection is controlled, the swelling goes down. You may feel relief from the throbbing pain within days of starting treatment. Over weeks to months, your finger regains its strength and dexterity. The goal is to return to normal use without lasting damage.

Your surgeon will guide you through this process. We aim to prevent the serious complications associated with delayed care. By treating the infection early and effectively, we help you avoid the devastating effects on hand function. Your recovery depends on how quickly you seek help and how well the infection responds to treatment.

When to see someone

A felon is a painful fingertip infection. Because delayed treatment can lead to serious complications like tissue loss, you must act quickly. See your GP or a specialist if you notice increasing throbbing pain, swelling, or redness at the fingertip. These are common signs that need prompt assessment. Go to an emergency

department immediately if you have a fever, feel generally unwell, or see red streaks moving up your hand. These indicate the infection may be spreading. Do not wait for symptoms to improve on their own. Early diagnosis by your surgeon helps prevent permanent damage and ensures you receive the right care before the infection causes deeper harm.