

Flexor Tendon Repair Post-Op Instructions

Overview:

You have had a Flexor Tendon Repair. Even though some fingers may not have had cut tendons, they all attach to the same muscle, so all require splinting.

After Surgery:

You should expect to feel a bit of pain for the first two days. After this, your pain should significantly improve. You will have limited use of the hand for 6 weeks and will require hand therapy.

Incision Care:

Keep the dressing intact. There is a cast under the bandage and it is designed to keep your hand in a specific position. The wound needs to be kept clean and dry. Do not remove the cast or splint.

When the incision is closed and your stitches are removed, you can start to massage your scar.

Dressings are placed loosely in the operating room. After surgery swelling can result in the dressing feeling tight. If the dressing is uncomfortably tight or feels as if there is a pressure point, then you should call the office to have the dressing assessed.

Activity and Care at Home:

You need to keep your splint on and not remove it or use your fingers until directed by either your surgeon or hand therapist.

Attending hand therapy is a crucial part of your postoperative care. It is vital that you follow their instructions fully in order to achieve the best result possible.

It is not possible to achieve a good result without full cooperation with hand therapy and compliance with the use of the splint. Not following instructions increases the chance of tendon rupture as well as stiffness.

Flexor Tendon Repair Post-Op Instructions

Pain Management:

You will have freezing that lasts 1-8 hours that helps with your pain control. It is important that you not use the hand during this time. When the freezing wears off, you may feel tingling in your fingers. To manage pain, take Ibuprofen (Advil) and plain Tylenol every 6 hours for the first 48 hours. If that is not sufficient, then take the prescription medication. Do not take more Tylenol or ibuprofen than is recommended on the bottle in 24 hours. You can refer to the pain management handout. Generally, you will have pain for 24-48 hours then it should decrease significantly. A cool gel pack may also help with the swelling.

You should keep your hand elevated about the level of your heart. Slings are not needed.

IMPORTANT:

The surgery may be performed under general anaesthetic therefore must not operate motor vehicles, boats, power tools or machinery for the first 24 hours. You may drive after three days or when you are no longer taking narcotic pain medication.

If you experience increasing rather than decreasing pain, bleeding not controlled with pressure, excessive swelling or bruising, increased swelling or redness around the wound, increased drainage from incisions or in your drains, foul odour, fever, chills, please call your surgeon's office. If you experience shortness of breath, or arm or leg pain, call 9-1-1 or visit your emergency department.