



# Proximal Interphalangeal Joint Arthroplasty

## Patient Postoperative Instructions

### Laith Al-Shihabi, MD

#### **0-1 week**

##### Pain medication:

- Use your prescription pain medication as needed to control pain.
- If your arm was numbed (blocked) for the surgery by the anesthesiologist, begin taking pain medication before the block wears off.
- Do not drive or operate machinery while taking narcotic/opioid pain medication.
- Unless you cannot take them for other medical reasons, it is ok to use over-the-counter anti-inflammatory medication (e.g. Advil or Aleve) in addition to your prescription pain medication. Do not take tylenol as your prescription already contains this medication.

##### Post-op Dressings:

- Keep the dressings and splint in place until your first therapy visit.
- Elevation of the hand, along with ice on-and-off for 20 minutes at a time, will help with swelling and pain.
- It is ok to shower, but the dressings must stay clean and dry. Place a waterproof covering over the dressings while bathing or showering (such as a heavy plastic bag that is sealed with Saran wrap).
- If the dressings get dirty, wet, or come apart please contact the office to have the dressing re-done.

##### Motion:

- Start moving your fingers and thumb that are not in the splint as soon as possible.
- You can use your hand for light activity, such as eating, drinking, or using a computer.
- Do not lift, carry, push, or pull anything heavier than a glass of water or can of soda.

#### **1 week (First therapy visit)**

Schedule a visit to see hand therapy at 1 week after surgery.

##### Splint:

- The postoperative splint will be removed at your first therapy visit.
- You will be placed in to a removable finger splint by your therapist.

##### Motion:

- Therapy will be started for finger active and passive range of motion exercises.
- Continue to avoid lifting, carrying, pushing, or pulling anything heavier than a glass of water.

#### **2-6 weeks (First post-op visit)**

##### Splint:

- The sutures will be removed at your 2-week visit.
- Begin scar massage at 3 weeks.
- You will continue use of your splint until 6-8 weeks.

Motion:

- Continue therapy on finger range of motion under the direction of your therapist.
- Continue to avoid lifting, carrying, pushing, or pulling anything heavier than a glass of water.

**6 -10 weeks (Second post-op visit)**

Splint:

- Begin to wean from the splint during the day by 8 weeks, but continue to wear it at night.

Motion:

- Continue finger, forearm, and elbow range of motion.
- Begin gentle strengthening using putty at 6 weeks after surgery.
- You can lift/carry up to 5lbs (about 1/2 gallon of milk) as your symptoms allow at 6 weeks.
- You can lift/carry up to 10 lbs starting at 8 weeks.
- Transition to a home exercise program.

**10-12 weeks (Third post-op visit)**

Splint:

- Discontinue use of the splint.

Motion:

- Continue finger and forearm strengthening at home.
- No lifting/carrying restrictions.