



# Finger Phalanx Fracture Reduction and Pinning

## Patient Postoperative Instructions

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### **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 postoperative 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 part of the thumb that is not in the splint as soon as possible.
- Work on moving your palm up (supination) and palm down (pronation), along with flexing and extending your elbow.
- 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)**

#### Splint:

- The postoperative splint will be removed at your 1-week visit.
- You will be placed in to a removable splint by hand therapy.
- Use the splint at all times except when performing finger range of motion exercises.

#### Motion:

- Therapy will be started for active and passive range of motion exercises to the fingers and wrist. Movement of the injured fingers may be delayed depending on the fracture type.
- Continue to avoid lifting, carrying, pushing, or pulling objects heavier than a glass of water.

### **2-4 weeks (First post-op visit)**

#### Splint:

- Any sutures will be removed and your pins checked at your 2-week visit.

-Pin sites for any pins outside the skin will be checked; pins will be removed at 3-4 weeks after surgery.

Motion:

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

**4 -8 weeks (Second post-op visit)**

Splint:

- Wean from use of the splint starting at 4-5 weeks.
- You can begin gentle scar massage at this time.

Motion:

- Continue finger and wrist range of motion.
- Begin finger strengthening using putty at 6-8 weeks.
- 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 10-15 lbs starting at 8 weeks.

**8-10 weeks (Third post-op visit)**

Splint:

- Discontinue use of the splint altogether if you have not already done so.

Motion:

- Continue finger and wrist stretching.
- Continue grip strengthening.
- You can lift/carry up to 20-25 lbs at 10 weeks.
- Transition to a home exercise program.

**10+ weeks**

No further therapy beyond normal use of the hand should be required at this point. There are no lifting/carrying or other activity restrictions after 10 weeks, unless otherwise discussed on a case-by-case basis.