



# Finger Flexor Tendon Repair

## Patient Postoperative Instructions

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### **0-1 week**

#### Post-op Dressings:

- Keep the dressings and splint in place until your first postoperative 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 them re-done.

#### Motion:

- It is ok to wiggle your fingers and do light motion within the dressing, but do not do any forceful gripping or stretching of the fingers.
- Do not lift, carry, push, or pull objects heavier than a phone with your operative hand.

### **3-5 Days (First therapy visit)**

#### Splint:

- The postoperative splint and dressings will be removed by your hand therapist. A dressing change will be done, and a removable splint will be made for you.
- Do not remove the splint unless you are performing exercises under the direction of your hand therapist.

#### Motion:

- Therapy will be started to focus on recovery of motion to the injured tendons.
- Your therapist will give you a set of exercises to perform at home along with instructions on how often to perform them.
- Continue to avoid lifting, carrying, pushing, or pulling objects heavier than a phone.

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

#### Splint:

- The stitches will be removed.
- You can begin gentle scar massage at 3 weeks after surgery.
- Continue to maintain the splint at all times unless performing therapy exercises.

#### Motion:

- Continue therapy and home exercises under the direction of your therapist.

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

#### Splint:

- Wean from the splint during the day time starting at 6 weeks after surgery.

-Continue wearing the splint at night until week 10.

Motion:

-Continue motion exercises under the direction of your therapist.

**8-12 weeks (Third post-op visit)**

Splint:

-Continue use of the splint while sleeping until 10 weeks.

Motion:

-Continue active motion exercises to the finger.

-Begin passive stretching of the finger.

-Gentle progressive resistance is added with therapy.

-You can begin to lift/carry objects the weight of a glass of water or can of soda at 8 weeks, up to 5 lbs at 10 weeks, and up to 10 lbs at 12 weeks.

-Transition to a home exercise program.

**12+ weeks (Fourth post-op visit)**

Splint:

-No longer necessary morning or night.

Motion:

-Gradually increase your activity level with your hand.

-Return to sports and full activity as your symptoms allow by 14 weeks.