



## POST OP INSTRUCTIONS – TENDON REPAIR

- **Keep hand and arm elevated most of the time.**
- The numbness from surgery usually lasts about 6-24hours. If you had a block, it may be longer.
- **Keep the splint on. It is important to keep it clean and dry.** Use a bag over it when showering or take a bath.
- Do not try to make a fist. Do not “try out” the tendon repair. The tendons are sutured end to end. Pulling on the end by moving the finger can cause the repair to fail.
- Don't lift anything with the affected hand.
- You should have therapy set up. It is important to go to this appointment. Please call if you can't make it.
- If you do not have a therapy appointment, please do not do anything with the affected hand unless instructed by us.
- **Any redness, increased heat, and of course anything that looks like an infection required you to call us to be evaluated.**
- **It is going to take a long time for your hand and thumb to be normal again.** There is no way to speed up healing faster than your body will work on its own. Tendon repairs are protected with a splint for 6 weeks. That is a long time. Unfortunately, there is no way to speed this up. We do specific therapy depending on how far out from surgery you are. Sometimes we will do “Place and Hold” and limited active or active assisted range of motion. **These are to be done with the therapist**, under their direction. **More is not always better.**
- Under no circumstances are you to sleep without your splint in the first 6 weeks after surgery. You have no control of yourself while asleep.
- The goal with the first 6 weeks of therapy is to allow the tendon to heal with the least amount of adhesions, maintaining as much normal motion as possible.
- All splinting should be done by 6 weeks. Sometimes, you will need to wear it for high risk activities (crowds, work, etc.).
- Therapy can last up to 3 months.
- It is not unusual to have a second surgery to loosen the tendon. There will be NO immobilization or splint after a second surgery as motion is key and the tendon will be healed.
- Any questions-- **PLEASE ASK** as these are tough.

**850.916.8480**

**1040 Gulf Breeze Parkway, Suite 209; Gulf Breeze, FL 32561**  
**Phone: 850.916.8480 Fax: 850.916.8499 Web: [www.stevenkronlage.com](http://www.stevenkronlage.com)**