



Flexor Tendon Repair after Surgery

Your flexor tendons have just been repaired. These tendons run from the forearm muscles to the fingers and bend your fingers.

After your operation, your hand will be splinted to protect your repaired tendons. Your dressing will be removed after 24-48hrs.

Swelling, bruising and pain are normal after the dressing has been removed. It is very important to take regular pain killers as prescribed by the doctor.

Your stitches will be removed at about two weeks after the operation.

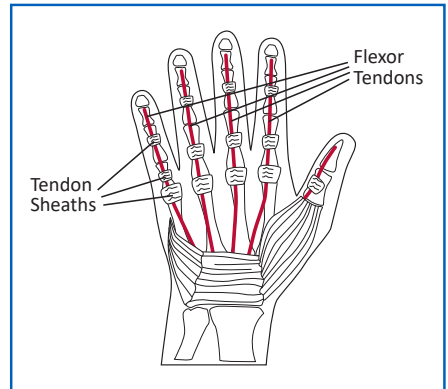
During the first 5 weeks after your operation, you must:

- Wear the protective splint continuously.
- Keep the hand up at heart level or higher as much as possible to minimise the swelling.
- Exercise only as instructed.
- Attend your outpatient physiotherapy and occupational therapy appointments.

You must not:

- Use your hand for anything other than your exercises.
- Remove your splint.
- Forcibly grip or squeeze anything.
- Push your finger(s) straight
- Drive.

The repaired tendon is much weaker than normal and takes about 12 weeks to recover full strength.



If you do not follow this advice, the stitches holding your tendon together may come apart.

If you smoke then it is strongly advised that you stop as this can reduce the circulation to the hand and delay healing. (For help in stopping smoking please contact your GP).

Contact us if:

- You have not got an appointment for removal of stitches and to attend for therapy
- You have increasing throbbing pain and/or fever as you may have an infection
- The splint breaks or bends
- You suddenly can't bend your finger(s) as the repair may have failed.

Time scales:

Return to Work:

- Light (clerical) **6 weeks**
- Medium (shop-keeper, light engineering) **10 weeks**
- Heavy (building and heavy engineering) **12 weeks**

Driving:

- A car **10 weeks**
- A motorbike **10 weeks**
- A HGV **12 weeks**

Return to Sport:

- **10-12 weeks.**

If you have any problems, please do not hesitate to contact your therapist on:

Doncaster Royal Infirmary - 01302 644210

Bassetlaw Hospital - 01909 572302

Montagu Hospital - 01709 649190

Retford Hospital - 01777 863400.

Patient Experience Team

The team are available to help with any concerns/complaints you may have about your experience at the Trust. Their office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email.

The contact details are:

Telephone: 01302 642764 or 0800 028 8059

Email: dbth.pals.dbh@nhs.net

