

Rehabilitation following finger flexor tendon repair – four weeks after surgery

This leaflet explains more about the surgical repair of any of the finger flexor tendons and how to make sure you have the best possible recovery. If you have any further questions or concerns, please speak to your therapist.

It is now four weeks after your finger flexor tendon repair. It is now strong enough for controlled, light use. Be careful not to over-use your affected finger or fingers as this could still cause damage.

Please ensure that you only exercise as instructed by your therapist. Following their instructions post-surgery will help you to regain the best possible function in the long term.

When should I wear my splint?

A thermoplastic splint was made for you to keep your fingers in a safe position after your surgery. Continue to wear the same splint for the next two weeks at night and for protection in public places such as supermarkets and public transport.

How should I look after my scar?

You should carry on massaging your scar to stop it sticking to underlying structures and restricting your movement in the long term. Use a water-based cream such as Nivea, E45 or Diprobase to massage the scar in a *deep*, circular motion for at least 30 minutes a day. You can do this in shorter sessions throughout the day if this is easier for you, e.g. 10 minutes in the morning, 10 minutes at lunchtime and 10 minutes before bed.

How should I be using my hand day-to-day?

You should now begin to use your hand for light, clean activities. If you are lifting objects they should weigh no more than one kilogram (two lbs).

Try using your hand as normally as possible in day-to-day activities such as typing, writing, eating a meal or dressing (including zips, buttons and shoelaces). You should not play any ball sports or contact sports until 12 weeks after surgery. Please discuss any other sports or activities with your therapist.

Your hand therapist will tell you what specific exercises to do to help you get the most movement and use of your fingers back.

Is there anything I should not do?

Do not push your fingers or wrist into a straight position using your other hand as this may damage your tendon repair.

Do not drive until advised by your therapist or doctor.

Additional instructions

Contact us

If you have any questions about recovery after surgical repair of your finger flexor tendon, please contact treatment enquiries on 020 8725 1038 (answer phone only, please leave a message and someone will get back to you as soon as possible). For appointment enquiries, please contact 020 8725 3000.

Your therapist's name is _____

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough Wing (near the lift foyer).

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: 111



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