

# Proximal Interphalangeal (PIP) Joint Replacement Surgery and Rehabilitation

This leaflet offers more information about your proximal interphalangeal (PIP) joint replacement surgery and rehabilitation after the operation.

**Make sure you follow your hand therapist's rehabilitation advice so that you don't damage your joints and can get as much movement as possible back after your operation.**

**If you have any further questions, please speak to your hand therapist.**

## What is PIP joint replacement surgery?

Your PIP finger joint is between the middle bone and the third bone down (proximal bone).



You may have this joint replaced (also called arthroplasty) to correct a deformity, reduce pain and help your hand move more easily or for another reason.

No joint replacement can ever move as well or be as strong as the joint before. You will need to work hard after your operation to get your new joint working as well as possible for you.

Your new joint will take about 12 weeks to heal and within this time you must try to get as much movement back as possible.

Your hand therapist will help.

## Will I need to do any specific exercises?

In the first week after your surgery you will be provided with a splint to wear to protect your joint replacement. The splint must be worn at all times and your therapist will let you know when you can stop wearing it.

Your therapist will also give you a separate sheet of exercises which you will need to complete and s/he will explain how to do them.

## What do I need to do after I go home?

Try to keep your arm elevated to keep any swelling to a minimum and lift your arm above your head regularly to keep your shoulders and elbows moving.

Once your wound is fully healed, massage your scar(s) with a non-perfumed cream such as Nivea or E45 cream.

Do not get your hand wet or use your hand for any activities or drive until you are told this is allowed by your hand therapist, nurse or surgeon.

## Useful sources of information

Versus Arthritis [www.versusarthritis.org/](http://www.versusarthritis.org/)

## Contact us

If you have any questions or concerns about your PIP joint replacement surgery and rehabilitation, please discuss them with your therapist at your next appointment.

For treatment enquiries, please contact 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 (Monday to Friday, 9am to 5pm).

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](http://www.stgeorges.nhs.uk)**

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## 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 wings (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto: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](http://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

## **AccessAble**

You can download accessibility guides for all of our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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