

# Further Management following your Flexor Tendon Repair

**This leaflet explains more about returning to your everyday activities six weeks after your finger or thumb flexor tendon repair. If you have any further questions, please speak to a doctor, nurse or therapist caring for you.**

## How is my tendon healing?

It is now six weeks after your tendon repair. Your tendon is still continuing to recover and strengthen. Please remember that your tendon can still be damaged if you overuse it or place too much force through it.

## Do I still need to use my splint?

You no longer need to wear the thermoplastic splint that was made for you at your first hand therapy appointment. However if your therapist has made you a small finger splint (finger gutter) then please continue to wear this overnight.

## How should I look after my scar?

You still need to continue to massage the scar on a regular basis to prevent it from sticking to underlying structures and making movement difficult. Continue to massage the scar using a water-based cream (e.g. E45, Nivea or Diprobase) in a deep, circular motion for at least 30 minutes a day.

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

You can continue to increase the amount of activity that you do with your affected hand. If you are lifting objects you can now increase the weight to 2-3 kilograms.

Try to continue to use your hand as normally as possible in day-to-day activities such as writing, typing, eating a meal or dressing (including zips, buttons and shoelaces).

Please avoid heavy lifting or carrying items such as heavy bags, kettles full of water and heavy pots off the stove. Do not attempt to move furniture or undertake any heavy DIY activities. Please try to avoid weight bearing through your hand, such as using the hand to push open a door or using your hand to push yourself up from a seated position.

You should still not be attempting to drive for a further two weeks.

## What exercises should I be doing?

Your therapist will advise you on specific exercises to help regain movement and use of the fingers / thumb.

## What else should I do and not do?

- **DO NOT** push your fingers / thumb straight with your other hand, as this can still cause damage your tendon repair.
- Please **DO NOT** drive yet. It is only considered clinically safe to drive from eight weeks post your operation.

## Contact us

If you have any questions about recovery after surgical repair of your finger / thumb flexor tendon, please feel free to discuss them with your therapist at your next appointment. For more urgent queries the team can be contacted on the **treatment enquiries** phone number listed below or can be reached via email.

Treatment line: 020 8725 1038

Appointments: 020 8725 0007

[Hand.therapy@stgeorges.nhs.uk](mailto:Hand.therapy@stgeorges.nhs.uk)

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)**

## 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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