

Rehabilitation after Finger Flexor Tendon Repair

Information for patients four weeks after surgery

This leaflet explains about returning to your everyday activities four weeks after your finger 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 four weeks after your flexor tendon repair. Your tendon is now strong enough for controlled, light use but can still be damaged if over-used.

When should I wear my splint?

Continue to wear your splint for the next two weeks at night and for protection in public places such as supermarkets and public transport. Otherwise, you can remove it for safe and light function during the day.

How should I look after my scar?

It is important to continue to massage the scar to prevent it from sticking to underlying structures and from making movement difficult.

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.

You can break this down into smaller chunks of time throughout the day if you need to, e.g., 10 minutes in the morning, 10 minutes at lunchtime and 10 minutes before bed.

Will I be in pain?

Any pain after your operation should settle down over the first few months. Massaging your scar can be painful at times but please carry on as it will help you to get the best result.

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

You should begin to use your hand for light, clean activities. If you are lifting objects, they should weigh no more than one kilogram (two pounds) or a bag of sugar.

Try to use 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). Make sure you are using all the fingers and not avoiding the affected finger(s).

LIGHT ACTIVITIES <1 Kg
Personal
Washing, shaving
Fastening zips, buttons
Putting on light clothes
Using fork, spoon
Combing hair
Putting on socks, tights
Tying shoelaces
Holding a plastic glass
Doing makeup
Other activities
Writing, signing, typing
Using a remote control
Dusting
Using the telephone, texting
Handling money
Playing cards, jigsaw puzzles

MEDIUM ACTIVITIES 2-3 Kg
Domestic
Washing up, wiping up
Using keys
Hanging washing out
Sweeping up
Using spray bottle
Light meal prep
Washing, blow drying hair
Other activities
Using door handle
Using scissors
Holding a pint glass / cup of tea
Drawing, painting
Using towel
Reading books

HEAVY ACTIVITIES >5 Kg
Domestic
Using a knife
Lifting a saucepan, kettle
Cooking
Ironing/Vacuuuming
Lifting boxes, carrying shopping
Making a bed
Using a tin opener
Opening a new jar/bottle top / hot water bottle
Ring-pull on a can
Deodorant / aerosol spray
Other activities
Lifting children
Playing video / PS5 games
Using hand tools (screwdriver) / Gardening
Sports: rugby, football, swimming, golf, gym
Using power tools
Pushing a shopping trolley/buggy

Will I need to do any specific exercises?

Your hand therapist will advise you on exercises to help regain full movement and use of the fingers.

Please ensure that you only exercise and use your hand as instructed by your therapist.

What else should I do and 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 for another four weeks.

Additional instructions

Contact us

If you have any questions regarding the information provided in this leaflet, 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.

Your therapist's name is _____



Treatment enquiries: 020 8725 1038

Appointments: 020 8725 0007

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 advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm

Friday between 10am and 2pm.

Please contact PALS in advance to check if there are any changes to opening times.

The Walk-in and Advisory telephone services are closed on Wednesdays.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough wings.

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

NHS UK

The NHS 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

AccessAble

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website (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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