

**Post-operative Instructions:** Flexor tendon repair

**Dressing:**

Please keep your dressing clean, dry, and intact until you follow up. It should be covered with a plastic bag and kept dry and out of the water while bathing. Your therapist will take down your post-operative dressing when you arrive for your first appointment, which will be about 3 days after surgery.

**Activity:**

No lifting or weight bearing on your operative hand. Please elevate your hand to reduce swelling. You can put ice packs on your hand to help with pain control. You will need to start therapy within 3 days of surgery. Once therapy begins, you will be given a strict protocol of finger activity to follow. Please follow the protocol that your therapist gives you and do not perform any other activity with your hand.

**Pain control:**

You may be given a prescription for narcotic pain medication. Please use the narcotic medication as sparingly as possible to avoid trouble with side effects (nausea, constipation, dizziness, addiction). If you are able to take anti-inflammatory medication based on your medical history, you can take Advil, motrin, Aleve, or ibuprofen in addition to the narcotic pain medication to get extra pain relief if needed. As your pain decreases, please wean yourself off of the narcotics as soon as possible by substituting over the counter medications instead (ie- Advil, Motrin, Tylenol, or Aleve). For constipation, you can take 300 mg of colace a day (colace is an over the counter stool softener).

**Follow up:**

Please call the office to schedule an appointment with Dr. Kitay for 10-14 days after surgery. At that point, your sutures will likely be removed. You will be seen by the therapist several times prior to this appointment.

**Return to work/school:** You may return to light activity at work/school once you no longer need narcotic pain medication, but you cannot use your injured hand for work. For questions, please call the office: 301-657-9876