

After Your Digit Widget Surgery

Dr. Paul Nielsen

Dressings and Wound Care

- After surgery you will have a wrap around the Digit Widget device on your finger
- Leave the dressing in place until follow up
 - You must cover the dressing for showering to keep it dry
- Call our office at 308-865-2570 if something happens to your dressing or Digit Widget

Pain Medicine

- Most patients receive a prescription for Tylenol, ibuprofen, and Tramadol after surgery
 - These typically provide adequate pain control for the minimally invasive procedure

Activity

- You are encouraged to move your exposed fingers immediately after surgery
 - It is essential that the fingers move fully to avoid stiffness
- Start moving the finger with the Digit Widget the day after surgery
 - This involves removing the rubber band and working on flexing the finger
 - There are instructions provided from the Digit Widget company after surgery
 - If you are unsure or nervous about doing this, let us know so we can arrange hand therapy to help with it
- Elevate your hand above your elbow and heart for the first few days after surgery

Follow-Up Care

- You will have an appointment in clinic 5-7 days after surgery to check progress
 - Additional appointments are weekly until the Digit Widget is removed in clinic 4-6 weeks after surgery
- The Digit Widget is removed in clinic and typically mildly uncomfortable but not painful
- Hand therapy is often ordered to help maintain motion and monitor progress after surgery

Results

- Most patients improve the straightening of the finger from the Digit Widget
 - Maintaining all of the straightening gained can sometimes be difficult
 - In general, at least some long term improvement is usually gained
- Some patients require a second procedure to address the underlying cause of the straightening difficulty when the Digit Widget is removed