

After Your Extensor Tendon Repair Surgery

Dr. Paul Nielsen

Dressings and Wound Care

- After surgery you will have a bulky splint on your arm to let the tendon begin healing
- Leave the splint in place until follow up
 - You must cover the splint for showering to keep it dry
- Call our office at 308-865-2570 if something happens to your splint

Pain Medicine

- NSAIDs such as ibuprofen or naproxen are recommended to improve pain after surgery in addition to prescription pain medication
- You will be prescribed a strong pain medication, such as hydrocodone and oxycodone, to control your pain after surgery
 - You should start taking pain medication as soon as you start getting feeling back, indicating the nerve block is wearing off to avoid rebound pain
 - You are allowed to drive when you are not taking prescription pain medication

Activity

- Elevate your hand above your elbow and heart for the first few days after surgery
- Do not attempt to move your fingers in the splint unless instructed to

Follow-Up Care

- You will have an appointment in clinic in 5-7 days after surgery to check your wound and begin therapy
 - You will have additional appointments every 2 weeks for a couple of months after surgery
- Therapy with a therapist experienced in hand rehabilitation is essential to the recovery after surgery

Results

- The extensor tendon takes several months to fully heal
- Most patients regain functional range of motion, but full range of motion can be difficult
- Some patients require a later surgery to free the healed tendon from surrounding scar called a tenolysis, usually 6-12 months after the initial surgery