

## **Post - Operative Instructions**

### **Expected pain and management**

- Following the procedure you may feel some discomfort for which you should take:
  - Panadol / Panadeine 2 tablets every 4-6 hours for the first 24 hours and continuing as required
  - Anti-inflammatory e.g. Neurofen can be used in addition to Panadol / Panadeine if required
- A splint will be applied to the treated finger following treatment with Xiaflex. It is important to rest the treated finger.
- Elevation of the operative site is important and will assist with post-operative pain management. We recommend that you wear a sling for 48 hours with your arm elevated.
- If your pain is not controlled with the above measure contact WPRS for advice.

### **Wound Care**

- Occasionally when straightening the finger you may have a small skin tear. This will be dressed by nursing staff at WRPS.
- If any bleeding occurs upon discharge, please apply pressure to the area and elevate the arm above your head for 10 minutes and then reassess, if bleeding continues then repeat pressure for another 10 minutes. Contact WPRS if the bleeding does not cease following these measures.

### **Activity**

- You will be referred to a hand therapist for rehabilitation (no Medicare rebates). Your outcome from surgery is heavily dependent on attending these appointments.
- Avoid any strenuous activity following your procedure for 1 week.
- Your surgeon will let you know when you can return to your normal activities and work. Usual recovery is 4 weeks to regain full function in the hand.
- Driving is not safe whilst you have a splint on your hand. You should be safe to drive in 1-2 weeks.

If you have any concerns please contact **WPRS** on (03) 5562 5330.

- In hours your call will be answered by a nurse and managed as appropriate.
- After hours you may leave a message or your call will be diverted to the on call Plastic Surgeon.

In the unlikely event you are unable to contact anyone at WPRS then call **St John of God hospital** on (03) 5564 0600.