



Florida Bone & Joint
SPECIALISTS



Steven C Kronlage, MD
1040 Gulf Breeze Parkway, suite 209
Gulf Breeze, Fl 32561
www.stevenkronlage.com
850-916-8480

POST OP INSTRUCTIONS – TENDON REPAIR

- **Keep hand and arm elevated most of the time.**
- The numbness from surgery usually lasts about 6-24hours. If you had a block, it may be longer.
- **Keep the splint on. It is important to keep it clean and dry.** Use a bag over it when showering or take a bath.
- Do not try to make a fist. Do not “try out” the tendon repair. The tendons are sutured end to end. Pulling on the end by moving the finger can cause the repair to fail.
- Don’t lift anything with the affected hand.
- Most of the time you should have therapy set up. It is important to go to this appointment. Please call if you can’t make it.
- If you do not have a therapy appointment, please do not do anything with the affected hand unless instructed by us.
- **Any redness increased heat, and of course anything that looks like an infection should be evaluated—please call.**
- **It is going to take a long time for your hand to be normal again.** There is no way to speed up healing faster than your body will work on its own. Tendon repairs are protected with a splint for 6 weeks. That is a long time. We do specific therapy depending on how far out from surgery you are. Sometimes we will do “Place and Hold” and limited active or active-assisted range of motion. **These are to be done with the therapist, under their direction. More is not always better.**
- Under no circumstances are you to sleep without your splint in the first 6 weeks after surgery. You have no control over yourself while asleep.
- The goal with the first 6 weeks of therapy is to allow the tendon to heal with the least amount of adhesions, maintaining as much normal motion as possible.
- All splinting should be done by 6 weeks. Sometimes, you will need to wear it for high-risk activities (crowds, work, etc.).
- Therapy can last up to 3 months.
- It is not unusual to have a second surgery to loosen the tendon. There will be NO immobilization or splint after a second surgery as motion is key and the tendon will be healed.
- Any questions-- **PLEASE ASK.**
- It is ok to take ibuprofen in addition or instead of pain medication if needed.

850.916.8480