

- Hôpital Charles-Le Moyne outpatient clinics**
- Hôpital du Haut-Richelieu outpatient clinics**

Contact information

Hôpital du Haut-Richelieu

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Outpatient clinics

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Outpatient clinics

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Finger surgery with or without immobilization

Information brochure

You've had finger surgery:

- ORIF of a finger fracture
- Tenotomy/tenorrhaphy
- Finger decompression (trigger finger)

General instructions

- After getting home, keep your operated hand elevated (above heart level) for the first 2-3 days after the surgery to minimize swelling.
- Avoid lifting objects that weigh more than 1 pound or straining with your operated hand for the **first 6 weeks after surgery** (coffee cup, utensils, toothbrush, etc.).

If your finger was not immobilized after the surgery (cast, splint):

Move your fingers often (bend and straighten them) to prevent stiffness immediately after surgery.

72 hours after the surgery

- You can take a shower and wash your hands.
 - Avoid soaking your hand in water (bath, pool, hot tub, dishwasher, rubber gloves) for the next 14 days or until the sutures are removed, as recommended by your surgeon.
- If you do not have a cast or a splint, keep moving your fingers regularly to prevent stiffness and promote blood circulation.

In case of pain

- Some pain is normal, especially in the first few days after the surgery.
- **After getting home and on a regular basis for 2 days**, take two (2) 500-mg acetaminophen tablets (Tylenol®) every 6 hours.
- If your health permits, you can also take two (2) 200-mg ibuprofen (Advil®) tablets every 6 hours.

- If the pain persists, you can take the stronger painkillers prescribed by your surgeon.

Restarting your usual medication

You can start taking your usual medication again immediately after the surgery. However, do not take any medication that contains aspirin, unless instructed otherwise by your surgeon.

Wound care

Keep your dressing clean and dry for the first 3 days after surgery.

- After 3 days, you can remove your dressing and uncover the wound, unless instructed otherwise by your surgeon.
- Remove the dressing on: _____
- Remove the wound closure strips on: _____
- Have the sutures removed on: _____

Things to watch for

If you notice any of the following signs, call 811 or go to the Emergency department:

- Bleeding from the wound more than 24 hours after surgery that does not stop despite manual compression.
- Pain at the surgical site that is not relieved by medication.
- Signs of infection in the wound: redness, swelling, heat, yellowish or greenish discharge, or a fever of 38 °C (100.4 °C).
- Opening of the wound.

Follow-up

Call the hospital below for a follow-up appointment in:

- No follow-up required
- 10-14 days
- 4 weeks
- 6 weeks