



# Finger Nail Bed Repair / Crush Injury

## Patient Postoperative Instructions

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### 0-1 weeks

#### Pain medication:

- Use your prescription pain medication as needed to control pain.
- Begin taking pain medication before the local anesthetic around your surgery site wears off.
- Do not drive or operate machinery while taking narcotic/opioid pain medication.
- Unless you cannot take them for other medical reasons, it is ok to use over-the-counter anti-inflammatory medication (e.g. Advil or Aleve) in addition to your prescription pain medication. Do not take tylenol as your prescription already contains this medication.

#### Post-op Dressings:

- Keep the surgical dressings in place until your first therapy visit, scheduled for 3-5 days after surgery.
- Elevation of the hand, along with ice on-and-off for 20 minutes at a time, will help with swelling and pain.
- It is ok to shower, but the dressings must stay clean and dry. Place a waterproof covering over the dressings while bathing or showering (such as a heavy plastic bag that is sealed with Saran wrap).
- If the dressings get dirty, wet, or come apart please contact the office.

#### Motion:

- Start moving your fingers and the thumb outside of the dressings as soon as possible.
- You can use your hand for light activity, such as eating, drinking, or using a computer.
- Unless you have other injuries, you do not have any lifting or carrying restrictions but higher demand activities may cause surgical-site pain. Perform activities as your symptoms allow.

### 3-5 days (First therapy visit)

#### Splint:

- A protective finger tip splint will be made that can be incorporated in to your dressings.

#### Therapy:

- You will begin active and passive range of motion exercises for the operated and nearby fingers.
- The therapist will also discuss desensitization techniques to minimize tip sensitivity

### 1-2 weeks (First post-op visit)

#### Splint:

- Sutures, if absorbable, will not need to be removed. In some cases non-absorbable sutures must be used that are removed at 2-3 weeks after surgery.
- The splint can be exchanged for a soft protective fingertip cap or wrap.

Therapy:

- You will begin active and passive range of motion exercises for the operated and nearby fingers.
- The therapist will also discuss desensitization techniques to minimize tip sensitivity.

**2-6 weeks (Second post-op visit)**

Splint:

- Wean from the protective wrap at 3-4 weeks.
- Gentle scar/fingertip massage can start at 2 weeks.

Therapy:

- Therapy for finger motion and desensitization will continue.
- Begin gentle strengthening with putty at 3 weeks.
- Transition to a home therapy program at 6 weeks.

**6 -10 weeks (Second post-op visit)**

Schedule a second follow-up visit at 6 weeks in case you are still having problems or other symptoms. If you are doing well, no additional follow-up is necessary.