

After tendon repair surgery, it is important to give your tendon time to heal. You will be in a splint for 6 weeks.

The below table gives examples of timescales of returning to your usual activities. Note that this is an example, but will be guided by your hand therapist.

Activity	Time after your operation
Office-based work	6-8 weeks
Driving	8-10 weeks
Manual work	10-12 weeks
Contact Sport	12 weeks

Potential complications:

- Rupture of the tendon repair
- Infection/delayed wound healing
- Hypertrophic/hypersensitive scarring
- Prolonged swelling of the finger
- Stiffness in the finger
- Inability to fully straighten the finger
- Cold intolerance
- Complex Regional Pain Syndrome (CRPS)

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Flexor tendon injury and repair

Information for patients

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق سهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

What are flexor tendons?

The flexor tendons connect the muscles of the forearm to the bones in your fingers and thumb. These tendons have to glide for your fingers and thumb to bend towards your palm so you can close your hand.

You have two flexor tendons in each finger and one in your thumb.

The two in your fingers are called Flexor Digitorum Profundus (FDP) and Flexor Digitorum Superficialis (FDS) and the thumb tendon is called Flexor Pollicis Longus (FPL).

- FDP attaches to the bone at the end of each finger
- FDS attaches to the bone above your middle finger joint
- FPL attaches to the bone at the end of your thumb

Surgery

The plastic surgery team have repaired your damaged tendon.

They use stitches inside and around the tendon to hold the ends of the tendons together

Nerves, blood vessels, ligaments and bones can also be damaged in the same injury. This will be discussed with you by your surgeon and hand therapist, as every injury is different.

After the operation you will have been placed in a Plaster of Paris slab and you will need strict care to prevent re-injury. Keep your arm elevated to help reduce swelling.

Risk of post-operative infection

If you feel that your wound is hot, has a significant increase in pain or swelling, there is a risk it may be infected.

Risks after surgery

Please call:

- Dressings Clinic on 0151 430 1285 (Monday-Friday, 8am-4pm)
- Ward 3A on 0151 430 1520 (outside of working hours)

It is important to keep your wound clean and dry, to reduce risk of infection.

Risk of breaking repair (tendon rupture)

The stitch holding the tendon is very delicate. Until the tendon has had time to heal, the repair is at risk of breaking.

Risk of tendon becoming stuck (tendon adhesions)

The tendon heals by making scar tissue which acts like glue. If the tendon is kept still, the scar tissue will stick to nearby bones and skin. If the tendon gets stuck, it cannot glide and move the finger.

Hand therapy

It is therefore very important to attend your hand therapy appointment. They will make a splint for your hand to protect your tendon repair and guide you through your exercises and recovery of your hand movement.

If you cannot make your hand therapy appointment, please contact 0151 430 1237 (Monday-Friday, 8am-4pm).