

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
Driving	8-9 weeks
Manual work	8-9 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
- Cold intolerance
- Complex Regional Pain Syndrome (CRPS).

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Extensor 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 formie, 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 يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

What are extensor tendons?

Your extensor tendons let you straighten your fingers. They attach the muscle in your forearm to the bones in your fingers.

To work properly the tendon must glide smoothly under the skin.

Depending on where the cut in the tendon is, will depend on how big a splint will be required. This will be guided by your hand therapist.

Surgery

The plastic surgery team have repaired your damaged tendon. The two ends of the tendon have been stitched back together.

You may also have damaged other structure in the area. 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 reinjury. 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.

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.

Risks after surgery

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).