

WHAT TO EXPECT AFTER FINGER FRACTURE SURGERY

Finger fractures can be complex injuries, however, this type of surgery is common to my practice and I have found the results to be consistent and reliable. Keep in mind that every person responds differently to surgery and treatment, and your recovery may vary from the outline below. Factors which influence the recovery process include:

- Your age and health.
- The severity of your fracture/nature of your injury
- The length of time between the injury and the surgery
- Your compliance with prescribed treatment and therapy



1. ***SURGERY DAY:*** I will give you a copy of the x-ray of your surgically repaired hand. You will be placed in a short splint, covered by an ace wrap. Your elbow will move freely.
2. ***FIRST TWO WEEKS AFTER SURGERY:*** You should try **to ice and elevate your hand** as much as possible in the first 48 hours after surgery. You will be provided with pain medication, and can supplement with Tylenol. I **discourage** the use of ibuprofen for the first two weeks after surgery. You will keep the splint on until your first follow up visit at two weeks after surgery. Do not remove the splint or get it wet. You may use a kitchen garbage bag and tape to keep it dry in the shower/bathtub. **Avoid heavy lifting.**
3. ***AT YOUR TWO WEEK POST OP OFFICE VISIT:*** We do not get x-rays at your first visit. We will place you into a cast or special splint that will allow you to begin gentle motion. We may order physical therapy at this time, or have the physical therapist make you a brace. Again, **no heavy lifting.**
4. ***ONE MONTH AFTER SURGERY:*** We will get x-rays at this time to monitor healing. We will discuss timeframe for continuing the brace/splint at this visit. You will likely need to continue the brace/splint for more aggressive activities.
5. ***EIGHT WEEKS AFTER SURGERY:*** We will see you back in our clinic for a repeat exam at eight weeks after your surgery. We will repeat x-rays at that time.
6. ***HOW LONG TO GET BETTER?*** Most people are **mostly** better by ten to twelve weeks after their surgery. No one is completely better at this time. You can typically return to all your normal activities at this time. It usually takes people **six months to a year** before they can expect full improvement after having surgery.

Should you have any questions, please call any of our offices at the following numbers:

Edwards (970) 569-3240

Frisco (970) 668-3633

Vail (970) 476-7220