



What To Expect After Your Tendon Repair

Thank you for choosing our practice for the care of your tendon injury. We strive to make this experience as easy and comfortable for you as possible. Please consider the following points as you prepare for and recover from your surgery.

1. Your hand will be in a splint when you wake up from surgery. It is very important that you do not remove this splint. The occupational therapist will remove the splint.
2. Please keep the splint clean and dry. You may cover it with a plastic bag when you shower.
3. Keep your hand elevated above the level of your heart. It is best to be in the “question-asking position”, with your forearm vertical, and your elbow at the level of your shoulder. The easiest way to achieve this is to use the foam pillow you were sent home with. However, be sure to remove the pillow periodically and move your shoulder and elbow through their full range of motion to prevent stiffness.
4. Because infection is extremely rare, Dr. Sharma does not routinely prescribe an antibiotic following outpatient procedures. Signs of infection include but are not limited to: fever or chills, worsening pain or swelling, redness spreading past the incision site, drainage coming from the incision. If you fear you may have an infection, please call the office at 512-324-8320. If it is after business hours or over the weekend, you can page the doctor-on-call at MedLink (512-323-5465).
5. A prescription for Norco (acetaminophen with hydrocodone) or Percocet (acetaminophen with oxycodone) may be prescribed for you. You may or may not choose to take this, as some patients feel plain acetaminophen (Tylenol) and/or ibuprofen (Advil or Motrin) are enough. Please remember Norco and Percocet contain acetaminophen (as do many over-the-counter medicines, such as cold medicine) so DO NOT take additional acetaminophen if you are still taking the narcotic pain medication. It is safe to take the narcotics and ibuprofen concurrently in an alternating fashion to provide better pain relief. Also, please remember that it is *dangerous and illegal* to drive or operate heavy machinery while taking narcotic pain medication.
6. In most cases, you will see your hand therapist within a few days after your surgery. Your therapist will remove your postoperative splint and make a new splint for you. They may also begin range of motion exercises with you. It is very important that you follow your therapist’s instructions! The idea is to move the tendon just enough to keep it from

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getting stuck in scar tissue, but not so much that you rupture the tendon repair. Remember tendon healing takes a long time—about 3 months to achieve full strength, and sometimes a year or more to regain full motion.

7. Sutures will be removed approximately 2-weeks post-op by either the therapists or Dr. Sharma's physician assistants.
8. You will follow up with Dr. Sharma in clinic in about 4 weeks. He will be kept up-to-date on your progress by your therapist team.
9. Again, please do not hesitate to call Dr. Sharma's office if you have any needs, questions or concerns at 512-324-8320!

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