

PLASTIC SURGERY DEPARTMENT

Guidelines for Outpatient Management of Hand Injuries

Extensor Tendon – Zone 1

Closed mallet injuries

- Referral to next hand clinic
- Physiotherapy clinic for splint check at 1 week
- Continuous splint check at discretion of therapists
- Hand clinic at 8 weeks

Extensor Tendon – Zones 4-7

(Not EPL)

- Home when safe following surgery with POP and information sheet on EAM regime
- 2 week appointments in dressing clinic and physiotherapy for wound check, ROS and new splint
- Physiotherapy clinic at 4 weeks for removal of splint and mobilisation
- Hand clinic at 6 weeks if necessary
- Hand clinic for discharge at 12 weeks

Extensor Tendon – Zone 3

Extensors (PIPJ level)

- Same as zones 4-7 BUT
- Physiotherapy clinic 2 weeks for change of splint and mobilisation of wrist
- Hand clinic 6 weeks for removal of splint and mobilise if necessary
- Hand clinic 12 weeks ?discharge

Extensor Tendon – EPL's

- Home when safe following surgery and according to post operative instructions
- Discharged in POP
- 1 week appointment in for physiotherapy for change of splint and wound check
- 2 week appointments in dressing clinic and physiotherapy for ROS and physiotherapy
- Physiotherapy clinic at 4 weeks for removal of splint and mobilisation
- Hand clinic at 6 weeks
- Hand clinic at 12 weeks ?discharge

Flexor Tendons

- Thermoplastic splint and physiotherapy prior to discharge
- Physiotherapy appointments twice weekly for guided EAM
- 2 week appointments in dressing clinic for wound check and ROS
- 6 week appointment in hand clinic if necessary
- 12 week appointment in hand clinic

Digital Nerve Repairs

- Home when safe following surgery
- Operating surgeon to indicate on the operation note if a splint is required
- To dressings clinic at 1 week for wound check / removal of splint /
?physiotherapy / application of protective dressing only
- ROS at 10 days
- Physiotherapy as and when required
- Hand clinic at 3 months ?discharge

Finger Tip Injuries

- Wound check at 1 week in dressing clinic
- ROS at 14 days in dressing clinic
- ?Physiotherapy referral if required
- Hand clinic at 12 weeks to check for nail growth ?desensitisation exercises
?discharge

Dupuytren's

- Home when safe following surgery and according to post-op instructions
- 10 day appointments in dressing clinic and physiotherapy for wound check,
ROS and physiotherapy ?night splint provision
- Continue physiotherapy and dressing clinic appointments as required until
healed
- Hand clinic at 6 weeks

Carpal Tunnel Release (open)

- Home when safe following surgery and according to post-op instructions
- 10 day appointment in dressing clinic for wound check and ROS
- ?Physiotherapy referral if required
- Hand clinic at 6 weeks ?desensitise
- Hand clinic at 12 weeks

Fractured Fifth Metacarpals

- See in trauma clinic
- Assess for rotational deformity
- Decide if conservative or operative management

Conservative

- Neighbour strap, apply POP resting splint if patient has discomfort on mobilisation
- Hand clinic at 1 week for splint removal (if splint was applied), allow gentle mobilisation in neighbour strapping
- Hand clinic at 4 weeks, removal neighbour strap ?discharge

Operative

- Home when safe following surgery and according to post-op instructions
- 10 day appointments in dressing clinic and physiotherapy for wound check, ROS, removal of splint if applied and physiotherapy
- Hand clinic at 4 weeks ?removal of K-wires
- Hand clinic at 12 weeks ?discharge

Volar Plate Injuries (PIPJ)

- See in trauma clinic
- Assess PIPJ for stability
- Decide if surgical intervention required

Conservative

- Referral to physiotherapy
- Application of a dorsal blocking splint if required with weekly physiotherapy follow-up for splint modification, OTHERWISE neighbour strap with weekly physiotherapy appointments
- Hand clinic at 4 weeks, for reassessment, splint removal or removal of neighbour strap support. To be seen in conjunction with physiotherapists for splint adaptation (volar splint, night splint) as necessary
- Continue with weekly physiotherapy follow-up
- Hand clinic at 12 weeks

Operative

- Home when safe following surgery and according to post-op instructions
- 10 day appointments in dressing clinic and physiotherapy for wound check, ROS and physiotherapy
- Weekly physiotherapy appointments
- Hand clinic at 4 weeks ?removal of K-wires. To be seen in conjunction with physiotherapists for splint adaptation (volar splint, night splint) as necessary
- Hand clinic at 12 weeks