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2026

After Hand Surgery: Flexor Tendon Repair
Halifax Infirmary, QE II

What happened during my surgery?

- You had surgery to fix a tendon in your finger. Tendons help your fingers bend.
- After your surgery, you will have a splint.

Can I move my fingers?

☐ Yes. **Only as told by your surgeon or physiotherapist.**

☐ No. **Do not move your fingers.**

- This is a very delicate (fragile) repair. While your finger heals, **it is very important that you**:
  - **Do not** grip, lift, or pinch anything using your operated hand
  - **Do not** remove your splint
- **If you use your hand too soon, it can tear the repair**.



How do I care for my splint?

- **Do not** remove your splint. Wear it **at all times**.
- **Do not** adjust the straps.
- Keep your splint and your hand dry.
  - To bathe or shower, use a plastic bag or plastic wrap to cover your arm up to your elbow.
  - **Do not** soak your hand until your surgeon says it is OK.
- If your splint is soft or loose, call the Plastic Surgery Clinic.
  - Phone: 902-473-7518

Physiotherapy



- You will need physiotherapy for your hand.
- **If you miss a physiotherapy appointment, your finger may be stiff or you may not be able to bend it for the rest of your life**.

Call your primary health care provider (family doctor or nurse practitioner) or surgeon if:

- › You have sudden pain or a popping feeling
- › You cannot bend your finger
- › The splint breaks or comes off
- › You have a fever (temperature above 38 °C or 100.4 °F) or chills

If you cannot reach your primary health care provider or surgeon, go to the nearest Emergency Department right away.

Can I drive?

☐ Yes. **If you are not taking opioids**, you may drive 24 hours after surgery.

☐ No. **Do not drive until your surgeon says it is safe**.

Follow-up appointment

Plastic Surgery Clinic, Halifax Infirmary

- › Phone: 902-473-7518

Date: _____ Time: _____

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: https://811.novascotia.ca

Prepared by: Plastic Surgery Clinic, HI, QE II
Designed and Managed by: Library Services

WO85-2670 © November 2026 Nova Scotia Health Authority
To be reviewed November 2029 or sooner, if needed.
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