



Post-Operative Instructions for Percutaneous (needle) Fasciotomy

Purpose of surgery

The goal of the operation is to release and cut the 'altered' palmar fascia that is causing your finger(s) to stay flexed (bent) thereby allowing you to extend (straighten) your finger(s).

What to expect after surgery?

You will have a soft dressing that covers the needle puncture sites on your palm and operative finger(s). You may have some numbness or tingling of fingers due to the local anesthetic injections used to help control post-operative pain (this should wear off within about 24 hours).

There are only a few things we would ask you to pay attention to should they occur: increasing pain, stiffness of fingers, progressive redness around the wound. We want you to call us should any of these occur at 514-933-9131 during our open business hours (Monday to Friday 9am - 5pm) OR email us at teanoosh@drtzadeh.com.

What should you do to help recover?

While we do not anticipate significant swelling following this procedure, it would be helpful to keep your hand/wrist elevated as best as you can for the first 48 hours after surgery. You can also apply an ice pack or frozen vegetables to the palm side of the dressing to help keep swelling to a minimum. To help your recovery, keep your other, non-operated fingers moving. Attempt to make a fist with your fingers and completely straighten them. Make sure you can move your thumb across your hand towards your pinky finger and fully straighten it. Repeat these motions and efforts throughout the day, especially in the first few days following surgery to keep internal scarring from becoming an issue. Your dressing, and discomfort, will limit you; but, we ask that you do the best you can. Keep your pain under control. While we do not anticipate significant pain, we want to make sure you are comfortable. Take the prescription pain medicine as prescribed for the first day and decide the next to what extent you need it. Keeping yourself comfortable will allow you to keep your fingers moving and minimize internal scarring from the surgery.

How should you take care of your dressing/wound?

Keep the dressing and all the skin covered, clean and dry until your first postoperative visit. The needle puncture sites are covered by bacitracin/polysporin ointment, gauze, and a wrap. Once the surgical dressing is removed, keep the area clean. Soap and water are an excellent skin cleanser, and it is OK to get everything wet in a shower with running water after your dressing is removed. You may apply bacitracin/polysporin ointment and use light dressing to cover the wound for a week after the first dressing is removed.

How should my hand respond to the surgery?

As Dr Zadeh probably explained to you in the office, the speed and extent of your recovery is somewhat variable. You should notice a definite improvement in your ability to extend (straighten) your finger. You will also notice that it will be difficult to flex (bend) your finger due to the surgery

What activities can you do?

You can do anything that does not hurt with some exception. Limit yourself to lifting with the operative hand for a few days or so until it becomes more comfortable. Everyone's pain threshold is different, but a reasonable guideline is limit yourself to about 1-2 pounds with the operative hand.

Should you have any questions or concerns, please do not hesitate to call or email our office.

Phone : (514) 933-9131

Email : contact@drtzadeh.com

Emergency email : teanoosh@drtzadeh.com