



343

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Xiaflex—Post procedure instructions

INJECTION

After your injection, your hand will be wrapped with a loose dressing. Keep this dressing dry and do not perform any heavy activities with the injected hand.

Starting the night of the injection:

- you will likely experience pain in your hand
- your whole hand, and possibly forearm, may swell and bruise
- you may experience red streaks going up your forearm
- you may notice a lump at your elbow or in your arm pit

These are temporary and should resolve over the next few days. Keep your hand elevated above your heart for comfort

Your appointment for injection is: _____

Your appointment for manipulation is: _____

MANIPULATION

Your manipulation procedure will be performed after you have been given local anesthesia. The anesthetic will last anywhere from 1 to 6 hours.

After your manipulation, your finger will be dressed with a light dressing and placed in a splint. You will then have an appointment made with an occupational therapist to have a custom made splint. Your surgeon will advise you how long to wear this splint. Until you receive this splint, wear the aluminum splint at night.

If you experienced tearing of your skin during your manipulation, you will have a dressing of Vaseline/polysporin and gauze applied.

Once a day, remove your splint and dressing and reapply the dressing. Reapply the splint.

The tear should heal within a couple of weeks.



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During the day, move your finger as much as possible. Dress your finger as directed if you experienced a skin tear. Gradually return to normal activities.

Your follow up appointment is: _____

PAIN

Mild - Well controlled with Tylenol or your prescription medication.