

PROCEDURE INSTRUCTIONS

Xiaflex

Our goal is to ensure your safety, help you have the best outcome possible and help you feel comfortable during your recovery. Please follow these instructions on how to take care of yourself following your procedure.

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 and to reduce swelling.

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 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.

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.

PAIN:

It is normal to have pain and discomfort following your procedure. Please take pain medication as directed:

Tylenol
 Ibuprofen

Prescription Medication: Celebrex (Celecoxib)
 Prescription Medication: _____

If you have worsening pain not controlled by your medication, contact our office for instructions.

Special Instructions: _____

FOR AFTER-HOURS EMERGENCIES:

- Call the Queensway Carleton Hospital at 613-721-2000 and the Plastic Surgeon on-call will be paged.

FOLLOW UP APPOINTMENT:

- Your Patient Care Coordinator will call you to confirm your appointment. Please call us at 613-232-7777 if you have any questions or concerns.

YOUR APPOINTMENT FOR INJECTION HAS BEEN SCHEDULED FOR: _____

YOUR APPOINTMENT FOR MANIPULATION HAS BEEN SCHEDULED FOR: _____