



From the office of:

Andrew J Blackman, MD

121 St Luke's Center Drive, Suite 302
Chesterfield, MO 63017 314-523-2595
AndrewBlackmanMD.com



**POST-OPERATIVE INSTRUCTIONS
PROCEDURE: Mallet Finger Pinning**

Diet: Begin with liquids and light foods (crackers, soup, etc.). Progress to your normal diet if you are not nauseated. You have been given a prescription for an anti-nausea medication to be taken if needed.

Pain Medication: You have been given a prescription for narcotic pain medicine. These types of medications can cause side effects including nausea, constipation, sedation and confusion. We recommend these only be used for 1 to 2 weeks after surgery. Do not drive while taking narcotic pain medication. An over-the-counter stool softener or laxative, such as Colace, Dulcolax, or Senokot, is recommended to prevent constipation. At any time, acetaminophen (Tylenol) may be substituted instead of your narcotic medicine and used for pain control. Do not exceed 3000 mg of acetaminophen in a 24 hour period. Do not combine with alcohol.

Finger Response to Surgery: It is normal to have pain and swelling in your finger and hand after surgery. It will take several weeks for this to go away. It is also common to notice bruising around the hand as the swelling resolves.

Wound Care: You will be sent home with a soft dressing on your finger. You may remove this on post-operative day #1 and begin pin site care. Cleanse the pins twice daily with a 50/50 mixture of hydrogen peroxide and water.

Splint: You have been given a prescription for hand therapy to fashion a splint to protect your finger and the pins. Please visit the therapist as soon as possible after surgery to have the splint made.

Exercises: Beginning post-operative day #1, perform the following exercises.

- Finger flexion and extension exercises: Bend and straighten the finger at the first and second knuckles.
- Do these at least 3 times a day.

Weight-Bearing: You may lift as much as you feel comfortable in the operated hand.

Driving: You will be unable to drive until you are off narcotic medications. This will be approximately 1 week after surgery, on average. It is important to regain adequate arm control before operating a motor vehicle. It is important that you feel very confident in your ability to respond quickly to changing conditions before attempting to drive. Make sure you can safely get in and out of your car, as well.

Appointment: A follow-up appointment should be scheduled for you. If you didn't receive an appointment, or if you need to change your appointment time, please call our office at 314-523-2595.

Problems: If you develop severe pain, a fever greater than 101.5°, redness around the incision, thick yellow drainage from the incision, excessive bleeding, or persistent nausea and vomiting please call our office at **314-523-2595**.

Monday - Friday, 7 a.m. to 5 p.m.

Our staff will be available to answer questions

Weekends & Evenings

Our after-hours emergency exchange will be able to contact Dr. Blackman

For more information, please visit andrewblackmanmd.com

Facebook.com/STLOrtho

Twitter - @STLOrtho