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POST-OPERATIVE INSTRUCTIONS

XIAFLEX INJECTION

What is Xiaflex?

- Xiaflex is a prescription medicine used to treat adults with Dupuytren's contracture.
- In people with Dupuytren's contracture, there is thickening of the skin and tissue in the palm of your hand that is not normal. Over time, this thickened tissue can form a cord in your palm. This causes the development of contractures (when one or more of your fingers to bend toward the palm, so that you cannot straighten them).
- The proteins and makeup of Xiaflex help to "break" the cords of tissue that is causing the finger to be bent.

What to expect after your Xiaflex injection?

Day 1

- After the injection your hand will be wrapped in a bulky bandage and you should limit moving and using the treated finger until your follow-up visit the next day
 - DO NOT bend or straighten the fingers of the injected hand as this will help prevent the medicine from leaking out of the cord
 - DO NOT try to straighten the treated finger yourself.
- Elevate the arm to help reduce swelling and pain. Using several pillows, maintain the arm above chest level especially when sitting & sleeping at night.
- You may apply ice packs to your hand and digits to help with pain and swelling.

Day 2

- You will return to the office the day after the initial Xiaflex injection for follow-up.
- During this visit, Dr. Montgomery will manipulate the affected finger(s) to "break" the cords and straighten your finger.
- Following the manipulation you likely will be provided with a splint to wear to help keep the finger straight.
- You will also be given either a prescription for formal hand therapy or a list of finger exercises which you will do several times a day to maximize mobility and function.

- Following the manipulation, certain patients may develop tremendous swelling or even breaks in the skin as a result of the medication. In this case Dr. Montgomery may wish to see you for additional follow-up to ensure the area heals appropriately.

Medication

- You have been prescribed the following **pain medication**:
 - Ultram – Please take 1 tab every 6 hours as needed for pain.
- You may also use over the counter Extra Strength Tylenol as directed for pain.
- If you have any side effects (i.e. Nausea, rash, trouble breathing) from medication discontinue its use and call our office.

Follow Up

- Call the office immediately if you develop a fever (>101.5), chills, increased redness, swelling, excessive injection site drainage, numbness or tingling.
- If you have any additional questions or concerns please feel free to call the office.