Digital Nerve Repair

2 Weeks Post-op:
- The bulky dressing is removed. Edema control is initiated consisting of fingersocks or Coban
- A DBS is fitted in 30 degrees of flexion at the PIP joint for continual wear, assuming the repair is near the PIP level or slightly distal to this point. Note: If the digital nerve is repaired near the MP level the dorsal blocking gutter splint should include the MP joint alone, positioning it in approximately 30 degree of flexion.
- Active & passive ROM exercises are initiated 6 times a day within & restraints of the dorsal blocking gutter.
- Scar massage with lotion &/or the use of Otoform or Elastomer may be initiated within 24 hours following suture removal

3-6 Weeks Post-op:
- The dorsal blocking gutter splint is adjusted into extension 10 degrees each week until at neutral by 6 weeks.

6 Weeks Post-op:
- The DBS is discontinued,
- Passive extension may be initiated to the MP joint.
- Extension splinting may be initiated if passive extension is limited. Generally it is not necessary to fabricate extension splints as the patient will generally recapture the extension
- Progressive strengthening may be initiated at this time.

Additional Comments:
- Sensory re-education is generally initiated between 8-10 weeks post-op repair. It is generally initiated when there is some sign of sensory return (protective sensation).
- It is important to realize that the DBS may initially be fitted in greater flexion at either the MP or PIP joint level if the digital nerve is repaired under greater degrees of tension.