



Proximal interphalangeal (PIP) joint replacement

You have recently had surgery to replace the middle joint(s) of your finger(s). During surgery, the damaged joint is removed. It's replaced with a silicone implant or 'spacer'.

During the first few weeks after surgery, new tissue grows around the artificial joint. This forms a joint capsule. It's important to keep the joint moving during this time. This is to ensure maximum movement is gained after surgery.

Splints must also be worn to keep the joints in a safe position and protect the tendons.

Wound care

Your wounds will be reviewed and redressed each time you attend the Hand Therapy Unit. Your stitches are removed 14 to 16 days after surgery, depending on how quickly the wounds heal.

If you have any concerns about your wounds between appointments, please contact your GP.

After the stitches are removed and the wounds are fully healed, you should massage your scars daily. Massage the wounds with a non-perfumed



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moisturising cream such as E45 or Aqueous. Your therapist will show you how to remove your splint to do this.

Massaging the wound will help to soften the scars and stop anything joining with the scar tissue.

Splints

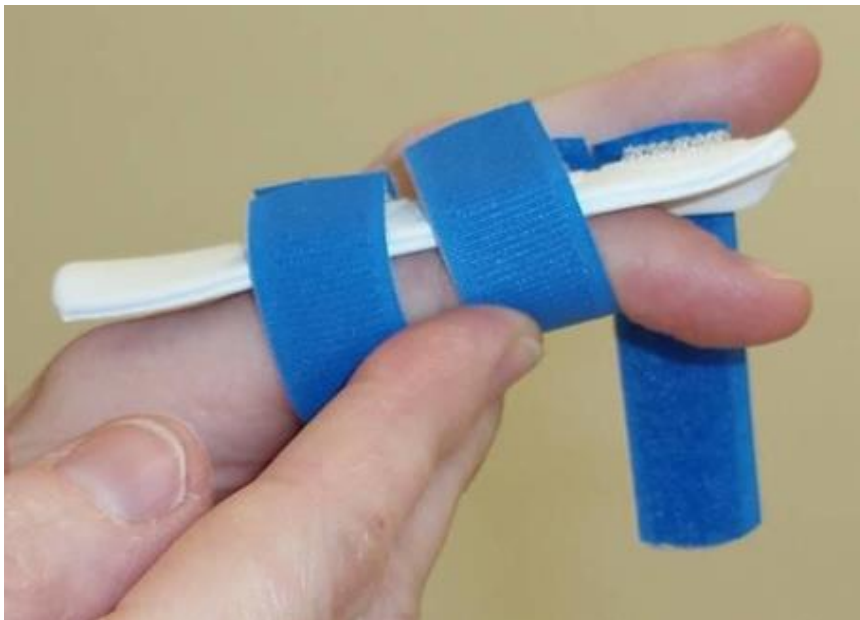
We will provide you with a splint to be worn **all the time** for the **first five – six** weeks after surgery. This protects the soft tissues as they heal.

Exercise

You must complete the exercises at home regularly to regain maximum movement of your joints after surgery.

Complete the exercises little and often throughout the day, as advised by your therapist. Exercising in the incorrect way with the splint removed risks damage to the joints and soft tissues.

A. With your splint on: Bend and straighten from the top joint.



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B. With your splint on: Bend and straighten from the knuckle joint.



Exercise your other fingers, thumb, and wrist to restore and keep a full range of motion.

Do not bend all three joints of the fingers at once. For example, do not make a full fist for the first five weeks after surgery.

Function

You should only use the hand for very light daily tasks in the first six weeks after surgery. You may then slowly increase the use of the hand under the guidance of your therapist for up to 12 weeks. By this time, enough healing will have happened, and it will be safe to use the hand for any task.

If you need more information, please contact your therapy department:

University Hospital, Coventry, and Warwickshire: Tel 024 7696 6016

Rugby, St Cross Hospital: Tel 01788 663 257

Patient Information

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 6016 and we will do our best to meet your needs.

The Trust operates a smoke-free policy.

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Document History

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