

## Dr. Robert Wysocki

### Digital Amputation

#### 3-5 days:

Splint/Dressing: The dressing is removed, and if adherent can be soaked off with peroxide. The incision is then re-covered with Vaseline gauze (unless skin macerated, then just dry gauze) and a light Coban wrap. Patient may shower and get wound wet but not bathe.

Motion: Begin unrestricted ROM of digit every 2 hours, avoiding pressure on tip

#### 10-14 days:

Splint/Dressing: Sutures are removed, and assuming wound is healed scar massage and desensitization begin 3-4 times per day, 10 minutes per session. Continue Coban wrap until swelling resolved, can also apply silicon cap to tip prn when tip non-tender

Motion: Range of motion exercises are continued, consider taping or flexion glove for extension contracture. Begin strengthening, putty

#### 4-6 weeks:

Manual laborers can likely return to work, as tip sensitivity should be resolving

Please alert the physician should there be evidence of a focal neuroma, which may respond to TENS, or if the patient does not appear to be coping well with the injury, as these can often be difficult for patients psychologically.