

# Patient instructions after clostridium collagenase (Xiaflex®) injection treatment



Thank you for choosing to have your treatment at Melbourne Hand Surgery. This page gives instructions on what to do, what not to do and what you can expect after your surgery.

*Surgeon: Dr Jill Tomlinson      Date of treatment:*

*Next appointment:*

*Hand therapy contact number:*

## Things to know:

- Please keep your hand elevated at or above the level of your heart for at least 24 hours after the injection. This reduces swelling, improves pain and speeds your healing. Avoid activities that put you at risk of injuring your hand.
- Avoid using your hand for the first two days – if you flex or extend your fingers this may increase the likelihood that the clostridium collagenase moves out of the specific treatment area.
- You must keep your dressings dry and on until review. Do not change your dressings. When showering please place a plastic bag over your dressings and keep your hand elevated. If you need to apply additional tape to secure a loose bandage please do so.
- If you are suddenly unable to bend the tip of your finger please contact us urgently as this may be a sign of tendon rupture.
- The injection treatment is likely to result in swelling, bruising, bleeding and/or pain of the injected site and surrounding tissue. It is common to experience some throbbing, discomfort or pain. Take over the counter pain medications as required so that you are comfortable. If you have severe pain contact our office.
- Do not reapply jewellery to your treated hand until 5 days after treatment.
- Do not smoke. Smoking reduces blood flow to the fingers by 42% and reduces healing.
- Do not drive until any pain and swelling has resolved sufficiently that you can grip strongly with both hands.
- Do not take blood thinning medications (except low dose aspirin) for one week after treatment.
- After your first post-injection review you will see a hand therapist who will instruct you on finger flexion and extension exercises which are to be performed every day. A splint will be made for your hand which is to be worn overnight (when sleeping) for up to 4 months.

If you need to contact us during business hours please phone 9427 9596. If you need to contact Dr Tomlinson urgently after hours please phone Epworth Hospital Switchboard on 9426 6666 and ask to be put through to Dr Jill Tomlinson on her mobile phone, or call 0467 666 862.

Symptoms of concern include severe pain, change of colour of your fingers (purple, blue, white), sudden loss of movement of your hand, bleeding, excessive swelling, overly tight bandage/splint, signs of infection (fever, discharge, offensive odour, increasing pain), difficulty breathing, facial swelling, chest pain and uncontrolled nausea or vomiting.

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