



## **MALLET INJURY – OPEN REPAIR**

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Note: if surgical intervention is required, a K-wire is used.

### **Important instructions following surgery:**

- After surgery, the wrist and hand will be in a light dressing. Please DO NOT remove this for the first 4-5 days. Try to keep the bandage clean and dry.
- To minimize swelling, keep the hand elevated to shoulder level.
- When sitting or lying, you should use a pillow to support you surgically affected extremity

### **4 – 5 Days Post-Op:**

- Remove post-op dressings. Apply a band-aid. No antibiotic or general ointments for 2 weeks.
- Patient may begin showering. Avoid heavy soaking in pools, hot tubs, dishwasher for 2 weeks.
- Fabricate clam-shell splint
- Begin PIP joint ROM
- Edema reduction and wound care, as needed.
- Patient education:
  - Wound healing
  - Edema reduction
  - Progression of rehabilitation
  - Precautions for heavy lifting or gripping

### **2 Weeks Post-Op:**

- At the end of 2 weeks, follow-up with PA-C in clinic for a wound check

### **6 Weeks Post-Op:**

- K-wire removed
- Begin AROM of DIP joint, in 10 degree increments
- Continue clam-shell between exercise program until desired range of motion is achieved.