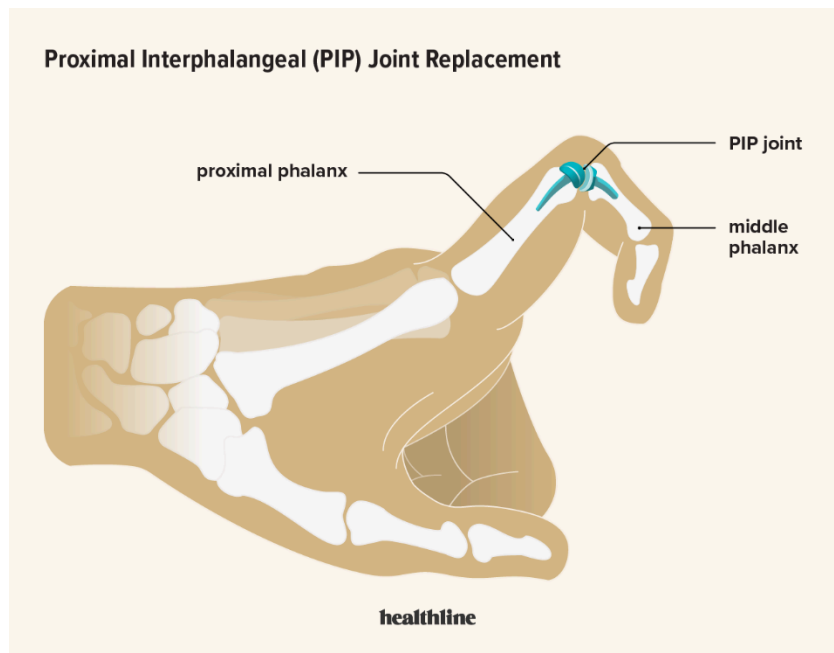


## PIP Arthroplasty

### Procedure:

- ❑ An incision is made over your knuckle. The extensor tendon is divided. The capsule is incised to identify the arthritic joint.
- ❑ The PIP (small knuckle) joint is cleaned out and the joint surfaces are prepared for the implant placement.
- ❑ Broaches are used to create space for the implant in both bones on either side of the joint (proximal phalanx and middle phalanx bones).
- ❑ The correct size implant is chosen based on the size of your bones.
- ❑ The silastic implant is carefully placed to create a new joint.
- ❑ The incision is washed out, the capsule and tendon are reapproximated and the incisions are closed with sutures. A dressing and splint are applied and secured with an ace wrap.





## **What to Expect: PIP Arthroplasty Post-Operative Instructions**

- Following surgery, you will be given discharge instructions which provide information regarding when to schedule your follow up appointment. Please refer to the discharge instructions for details.
- Post-Operative Dressing: You will be placed in a post-operative splint which is kept in place with an ace wrap. Keep splint and dressing on until follow up appointment with your physician.
  - Keep dressing clean and dry. You may shower with a plastic bag/cast cover secured over the post operative dressing. The bag will be provided to you by our surgery center.
- Nerve block: Your nerve block (arm numbness) will wear off in as little as 2hrs up to 24hrs. If you have been placed in a sling, keep in place until the nerve block has worn off and you can control your arm.
- Pain Control: Please refer to discharge instructions provided on day of surgery for details.
- Edema (swelling): Elevate arm to at or above heart level as much as possible to reduce swelling. Use Carter pillow if provided.
  - Apply ice over dressing for 10-20 minutes at a time to help with pain and swelling.
- Movement: You may move your unaffected fingers (the ones not included in the splint), elbow and shoulder throughout the day, 10 repetitions per waking hour. **Do NOT** try to move any digits included in your post operative splint.
  - **NO lifting, pushing or pulling with your surgical arm.**
- Diet: No restrictions as long as you are not nauseated and are able to swallow without difficulty.
- Driving: No driving until cleared by your physician.
- At follow up appointment, stitches will be removed and you will be referred to Occupational Therapy for a custom splint.

**NOTE: The above information may vary based on your surgical procedure. Your doctor will provide specific instructions after surgery. Please refer to discharge instructions issued on day of surgery for details.**