



# Tuality Orthopedic, Sports, Spine & Rehabilitation Center

*A member of the Tuality Healthcare family.*

## Needle Aponeurotomy

### Before Procedure:

- Food? Unlike traditional surgery, it is safe to eat before the procedure.
- Medication: If you are concerned about being anxious, or have had to take antianxiety medicine in the past for dental procedures, it's reasonable to take antianxiety medicine such as Valium or Xanax before this procedure. If your regular doctor has recommended that you take prophylactic antibiotics before surgery because of joint replacement, heart disease or medical problems, it is appropriate to take that type of medicine before this procedure.

If you take aspirin, vitamin E or blood thinners such a Coumadin, or have any questions about your medications, please check with your Physician.

- Problem skin? If you have recent injuries, wounds, insect bites or healing areas involving the palm of the hand or the fingers, it might not be safe to proceed with needle aponeurotomy because of the risk of possible infection. Please check with physician if you have additional questions and or concerns.

### The Procedure:

- What actually is done during the procedure? The procedure is performed while you lie down on your back with your arm stretched out. The doctor may use a marking pen to make dot marks on the skin where he plans to use the needle. He will then numb up the skin at these/ sites with a tiny needle and local anesthetic. The doctor will then work with a needle in the areas that were numbed to cut the cords under the skin. At the end of the procedure, the doctor may give anesthetic and possibly cortisone shots into these areas to prevent pain and swelling.
- What will I need to do? Relax, listen to music, and talk as much as you like. The actual procedure is only intermittently uncomfortable. You should tell the doctor if you feel anything painful, and in particular if you feel any tingling, zappers or numbness in your fingertips. that will help minimize the chance of nerve irritation after or during the procedure.
- Honestly, is it very painful? Usually not. The little shots into the skin of the palm sting for a few seconds, and they act instantly. The cords themselves have no feeling, and don't hurt when they are cut. Joints which have been very bent may be painful to stretch out, and sometimes it helps to give a small anesthetic shot into a joint before trying to straighten it.

- What will my hand be like at the end of the procedure? If all goes well, your fingers should be straighter. The needle entry sites will be covered with band aids. You may have some numbness in your fingers from the last set of shots at the end of the procedure-and this may last through into the next day.

### **Early Aftercare:**

- That day:
  - Band-Aids can usually be removed and left off later on the same day of procedure.
  - You should be able to use your hand for light activities (eating, getting dressed, and going to the bathroom) and get your hands wet in the shower on the day of procedure.
  - First 48 hours: Ice and elevation are the keys to a painless recovery. On the day of and the day after the procedure, keep your hand something cold in your hand every hour for 10 minutes at a time. Avoid swimming or submerging your hand in the bath during this period.
  - You should wait to wash your hands for several hours after procedure. If you do get your band aids wet please change them.

### **The First Week Following Procedure:**

- You should avoid strenuous activities with the hands for one week after the procedure. During this time, avoid activities which would make your hands sweaty, grimy, or exposed to harsh chemicals. This is very important to prevent infection.
- Splinting your hand with a custom brace, worn at night, may be helpful if you have several fingers involved, contractures of the PIP joints, severe contractures, or tendon imbalance. Splinting is seldom needed.
- Medications are rarely needed after procedure; if you have discomfort from procedure we suggest rest, Ice and elevation.

Follow up with physician one week following procedure to report progress.