

MIKE FOSTER
Hand Wrist and Elbow Surgeon
Second Stage Tendon Reconstruction

Problem

- The flexor tendons have been injured in the past, and unfortunately the diagnosis was either missed or repair has failed requiring a reconstructive procedure, with initially, first placement of a tendon spacer silicone rod.
- Second Stage reconstruction involves harvesting an interposition tendon, such as palmaris or plantaris, to bridge the gap and feed it through the tunnel formed by the tendon rod.

Treatment

- Surgery involves harvesting of interposition tendon graft, feeding this through the tunnel formed by the silicone rod, placed earlier, and attaching it distally to fingertip and proximally to the injured tendon stump.

Potential Complications

- Infection
- Neurovascular injury
- Haematoma
- Stiffness
- Repeated tendon rupture, inability to make full flexion.

Post Op Instructions

- The patient will be discharged in a protective dorsal blocking splint.
- The patient will need to be seen by the hand therapist at three to five days for formation of a thermoplastic splint and start early active range of motion, according to a CAM type protocol.
- Consultant review at ten days for status of the wounds
- Review at eight weeks for trimming of the dressing and final review at three months