

Xiapex Post-Procedure Instructions

After Injection:

1. Remove entire dressing tonight or tomorrow morning and it's fine to wash your hand. Immediately remove the dressing if it becomes too tight. If you'd like, you can rewrap your hand.
2. Expect to see bruising, swelling, blisters, bruising up your arm, armpit pain, armpit nodule and sometimes even some bleeding. These are all the effect of Xiapex doing its job breaking down the diseased cord. For the first day or two, if you find swelling, you can elevate your hand by holding it UP in the air like the Statue of Liberty holds her torch.
3. Do not try to manipulate or straighten your finger.
4. Avoid heavy grasping and squeezing or heavy use of the hand.

After Manipulation or after PNF (NA):

5. Remove entire dressing tonight or tomorrow morning and wash your hand. Immediately remove dressing if it becomes too tight.
6. If there is an open hole (skin split), please cover with a light bandage or Band-Aid plus antibiotic ointment and clean daily until it closes.
7. For the first day or two, if you still have swelling, elevate your hand by holding it UP in the air like the Statue of Liberty holds her torch. You can use ice as needed (5-10 minutes at a time, 4x / day).
8. If you were given a splint, you can remove it anytime after the procedure. It should be used for sleeping only, for 3-4 months. If a therapist makes you a different night splint, use that one instead.
9. Start exercising your fingers today! Make a tight fist and fully open your fingers. Spread your fingers apart and together. Use your other hand to stretch each finger out straight. Put your hand down flat on a table (palm down) and push down with your other hand. For the PIP joint (middle joint in the finger), put your pointer finger on top of the joint and your thumb underneath, to stretch the joint straight.
10. Massage the nodules and any spots where the needle(s) went in with Vitamin E oil or a moisturizing cream 2-3 x / day for a couple of minutes.
11. Avoid heavy grasping and grasping activities for 2 weeks (using tools, tennis, lifting, squeezing gripper).
12. Not everyone needs Hand Therapy. However, if you were given a script for Hand Therapy, start as soon as possible.
13. If you suspect infection or an allergic reaction to anything, contact the emergency department first, and afterwards contact the hospital where you were treated.

Instructions copied from Dr Gary Pess' instruction sheet, with thanks for the permission.