

Patient information

Looking after your Finger Fixator Frame Ligamentotaxor

Hand Therapy - Therapies Department

A ligamentotaxor is a light, adjustable fixator, which assists in stabilising the fracture (break in your bone) to help to ensure that it heals in a good position. It is put on in theatre whilst you are asleep and is usually kept on for four to six weeks



This idea behind this type of treatment is to allow finger movement, and you will be referred for immediate therapy to help prevent finger stiffness.

To get the best from your surgery it is important that you attend all of your therapy and clinic appointments.

Therapists will also look after your pin sites and any wounds that you have when you attend for therapy.

Your frame may need to be altered in clinic followings X-rays and at the end of your fixation time it will be taken off in clinic.

Ligamentotaxor holding the bones in position but allowing finger flexion



What can I do after my surgery?

Do not get your finger wet

Your therapist or nurse will care for your pin sites as needed. If you get it wet there is an increased risk of infection.

Do control your pain

It is important that your pain is kept to a minimum to allow you to keep your finger and hand moving and to allow you to sleep well. Ask on the ward (when an inpatient), in clinic or your family doctor (GP) for a prescription if necessary. Your pharmacist may also be able to advise you.

Do reduce swelling

Your finger may swell because of your injury and surgery. This swelling may increase your pain as it puts increased pressure on the injured tissues. If the swelling continues it can cause your joints to become stiff. Any stiffness of the joints may delay your return to work or affect your ability to perform activities of daily living.

Swelling can be reduced by:

- If resting/watching television, rest arm out straight, raised on several pillows.
- Every 15 minutes within the hour, raise your hand right up above your head and “pump” the fingers.
- Do keep other fingers, thumb, elbow and shoulder moving

Ligamentotaxor

In order to keep your uninjured joints healthy it is important that they are kept moving. This will also encourage the blood supply to your soft tissues and reduce the swelling, as the muscle action helps squeeze the extra fluid away from the injury.

Studies have shown that keeping the uninjured parts moving helps to speed up your recovery.

- Do try to use your hand normally for all light activities (except in water) e.g. brushing hair, dressing, buttons, zips, feeding yourself; use your good hand to help if necessary. Try not to ignore your injured hand. This will help to prevent muscle weakness and abnormal pain responses.
- Eat healthily and avoid smoking. Try to eat a healthy varied diet, as poor nutrition and smoking are known to slow down fracture and tissue healing.

Precautions:

Be careful when using heat sources (e.g. cooking or using hair dryers) as your frame can conduct heat, may get warm and become uncomfortable.

In the cold weather it may get very cold, please wear mittens (or a sock).

Try not to knock your frame, if you do tell your therapist or doctor.

A splint will be made for night time to protect your fixator whilst you are asleep.

What should I do if I have a problem with my ligamentotaxor?

Any problems need to be reviewed by the medical team. Contact the Hand Therapy Unit between 8am and 4.30 pm or attend the Emergency Department outside these hours.

Problems may include:

- Increased swelling.
- Changes in area around pin sites.
- Unusual colouring e.g. blue/ purple/red.
- Increased pain

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Your notes

Further Information

If you have any questions please contact the hospital you are attending

Royal Liverpool Hospital

Fracture Clinic and Plaster Room

Tel: 0151 706 2000 Ext. 2612

Text phone number: 18001 0151 706 2000 Ext.2612

Therapies Department

Royal Liverpool Hospital

Tel: 0151 706 2760

Text phone number: 18001 706 2760

Aintree Hospital

Fracture Clinic

Tel: 0151 529 2535

Therapies Department

Aintree Hospital

Tel: 0151 529 3335

Web sites you may find useful

www.nhsdirect.nhs.uk

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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