

Patient information factsheet

Digital nerve repair

We have given you this factsheet because you have injured one (or more) of the small nerves in your fingers (called the digital nerves) and have had an operation to repair them. It explains what digital nerves are and what to expect during your recovery. We hope it will help to answer some of the questions you may have. If you have any further questions or concerns, please speak to a member of our team.

What are digital nerves?

Digital nerves enable your fingers to feel different sensations, such as touch, pressure, sharp and blunt objects, and different temperatures, both hot and cold.

Recovery

After your operation, each nerve fibre will begin to regrow at an average rate of 1mm per day. Occasionally, some of the nerve fibres may not regrow correctly to your fingertips, so it is possible that the sensation may not return to normal.

Results

While your nerve fibres are re-growing, you may experience some strange sensations in your hand, such as pins and needles, tingling or electric-type shooting pains. All of these sensations are normal after a nerve repair.

While you have a lack of sensation in your hand, you will need to be very careful when cooking and holding sharp objects not to injure (burn or cut) your fingers.

Treatment

Scar massage

Once your wound has completely healed, you can start to massage your scar.

Massaging your scar can help to flatten and soften it. Unperfumed cream is ideal for massaging scars. You will need to massage across the scar line in circular movements using deep and firm pressure. This ensures that the scar does not stick to the underlying surface and helps the structures under the skin to move freely.

Contact us

If you have any questions or concerns, please contact us.

Therapist: _____

Date: _____

Hand therapy team

Therapy outpatients

B level

West Wing

Southampton General Hospital

Tremona Road

Southampton

SO16 6YD

Telephone: **023 8120 6459**

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