

EXTERNAL FIXATOR WITH DISTRACTOR FOR TREATMENT OF THE SCAR RETRACTION OF FINGERS

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Objectives - The author and co-author describe a serial of patients with scar retraction in flexor fingers, by any reasons, treated by progressive stretch using a mini external fixator as in Hoffa and theirs results.

Methods - 24 patients were operated from January 2000 and December 2007, 17 male and 07 female, with middle age of 28 years-old, between 15 and 37 years-old. 02 cases in 1^o finger (QD), 08 cases in 2^o QD, 03 in 3^o QD, 04 in 4^o QD and 07 in 5^o QD.

SURGERY TECHNICAL

1. With local block anesthesia, put one pin 1.0 mm in the middle phalanx.
2. The fixator joint needs stand at PIP level.
3. With the fixator on retraction, put another pin 1.0 mm in the proximal phalanx.
4. When have also DIP retraction, block it with a Kirschner pin in extension.
5. To extend the PIP and to lock the fixator join.
6. The patient (or his responsible) needs turn the central screw for the distraction, of 01mm / day in clockwise.
7. When to finish the correction can to remove the fixator and pins, With local block anesthesia.



Results - Had 100% of correction on middle time of 36 days. Had 02 cases with recidive in 5^o QD, but retreated with a total correction.

Conclusions - Conclude that it is a good alternative for treatment of the scar retraction of fingers, But to keep the protocol is indispensable, With a attentive and cooperative patient.