

AT-HOME FINGER EXERCISE GUIDE

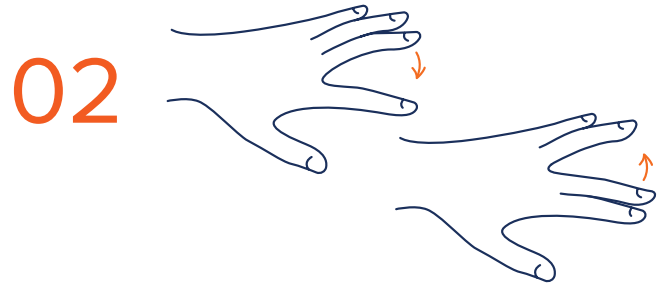
Speak to your healthcare provider to schedule appropriate follow-up. This information should not take the place of talking with your doctor or healthcare professional. If you have any questions, talk to your doctor or pharmacist.

After treatment with XIAFLEX®, your doctor will prescribe finger exercises for you to perform at home. Do the finger exercises each day as instructed by your doctor.

EXAMPLES OF AT-HOME FINGER EXERCISES:



Lay your hand flat on the table. Raise each finger up one at a time and hold for 5 seconds; repeat 10 times. Repeat this exercise 4 times a day.



Lay your hand flat on the table. Move each finger from side to side (like a windshield wiper) one at a time; repeat 10 times. Repeat this exercise 4 times a day.



Bend only the top 2 joints of all fingers, keeping your knuckles straight. Arch your knuckles back 10 times in a row. Repeat this exercise 4 times a day.



Use the unaffected hand to gently straighten the affected finger 10 times, holding for 5 to 10 seconds. Repeat this exercise 4 times a day.

IN ADDITION



Your healthcare provider will supply you with a splint to wear on the treated finger. Wear the splint at bedtime as instructed by your doctor to keep your finger straight.



Follow your doctor's instructions about when you can start doing your normal activities with the injected hand.

WHAT IS XIAFLEX®?

XIAFLEX is a prescription medicine used to treat adults with Dupuytren's contracture when a "cord" can be felt. It is not known if XIAFLEX is safe and effective in children under the age of 18.

IMPORTANT SAFETY INFORMATION FOR XIAFLEX

Do not receive XIAFLEX if you have had an allergic reaction to collagenase clostridium histolyticum or any of the ingredients in XIAFLEX, or to any other collagenase product. See the end of the Medication Guide for a complete list of ingredients in XIAFLEX.

Please see additional Important Safety Information on the next page.
Click for full [Prescribing Information](#), including [Medication Guide](#).

XIAFLEX®
collagenase clostridium histolyticum

IMPORTANT SAFETY INFORMATION FOR XIAFLEX (cont)

XIAFLEX can cause serious side effects, including:

- **Tendon rupture or ligament damage.** Receiving an injection of XIAFLEX may cause damage to a tendon or ligament in your hand and cause it to break or weaken. This could require surgery to fix the damaged tendon or ligament. Call your healthcare provider right away if you have trouble bending your injected finger (towards the wrist) after the swelling goes down or you have problems using your treated hand after your follow-up visit
- **Nerve injury or other serious injury of the hand.** After finger procedures, some people developed tears in the skin (lacerations), and local skin and soft-tissue necrosis (death of skin cells). Some lacerations and necrosis required skin grafting, or other surgery including amputation. **Call your healthcare provider right away** if you get numbness, tingling, increased pain, or tears in the skin (laceration) in your treated finger or hand after your injection or after your follow-up visit
- **Hypersensitivity reactions, including anaphylaxis.** Severe allergic reactions can happen in people who receive XIAFLEX because it contains foreign proteins. **Call your healthcare provider right away if you have any of these symptoms of an allergic reaction after an injection of XIAFLEX:**
 - hives
 - swollen face
 - breathing trouble
 - chest pain
 - low blood pressure
 - dizziness or fainting
- **Fainting.** Fainting (passing out) or near fainting can happen in people who receive XIAFLEX, especially following finger procedures
If you have dizziness or feel faint after receiving XIAFLEX, lie down until the symptoms go away.
- **Increased chance of bleeding.** Bleeding or bruising at the injection site can happen in people who receive XIAFLEX. Talk to your healthcare provider if you have a problem with your blood clotting. XIAFLEX may not be right for you.

Before receiving XIAFLEX, tell your healthcare provider if you have had an allergic reaction to a previous XIAFLEX injection, or have a bleeding problem or any other medical conditions. Tell your healthcare provider about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Using XIAFLEX with certain other medicines can cause serious side effects. Especially tell your healthcare provider if you take medicines to thin your blood (anticoagulants). If you are told to stop taking a blood thinner before your XIAFLEX injection, your healthcare provider should tell you when to restart the blood thinner. Ask your healthcare provider or pharmacist for a list of these medicines if you are unsure.

The most common side effects with XIAFLEX for the treatment of Dupuytren's contracture include:

- swelling of the injection site or the hand
- bruising or bleeding at the injection site
- pain or tenderness of the injection site or the hand
- swelling of the lymph nodes (glands) in the elbow or armpit
- itching
- breaks in the skin
- redness or warmth of the skin
- pain in the armpit

Tell your healthcare provider if you have any side effect that bothers you or does not go away. These are not all of the possible side effects with XIAFLEX. For more information, ask your healthcare provider or pharmacist.

Click for full [Prescribing Information](#), including [Medication Guide](#).

XIAFLEX[®]
collagenase clostridium histolyticum



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