

Immediately After Surgery:

- Elevate the extremity and move your hand and fingers fully to reduce swelling and stiffness.
- Keep your bandage clean, dry, and intact until your first post-operative visit, unless instructed otherwise. You can purchase a cast seal to place over the bandage to keep it from getting wet while showering.
- You will receive local numbing medicine around the surgical site at the time of surgery. Numbness in the hand and fingers is expected immediately after surgery, and in some patients, this can last for a few days after surgery.
- It will take quite some time for the numbness/tingling you experienced prior to surgery to resolve.
- Some patients may notice an improvement in their numbness/tingling almost immediately, however for others it can take from 6 months to 1 year post operatively to see an improvement.
- Refrain from lifting anything greater than 2 lbs (about the weight of a cup of coffee), or any vigorous squeezing, gripping, etc. with your operative hand.

First Post-Operative Visit (10-14 days after surgery):

- Your bandage and sutures will be removed in the office.
- Your arm may now be washed with soap and water in the shower. Avoid soaking or submerging your arm under water for the next 2 weeks (dishes, pools, hot tubs, etc.)
- Generally, therapy is not necessary after this surgery, however, if needed, therapy will be prescribed.
- After 1 additional week, you may begin performing scar massage. You can massage Vitamin E oil/lotion into the incision site; this will help with scar sensitivity, which is normal in about 10% of patients.
- You may return to normal/light activities, but should continue to avoid any heavy lifting, gripping, or squeezing.
- Continue to monitor numbness and tingling in your hand and fingers.

Second Post-Operative Visit (5-6 weeks after surgery):

- This will be the final visit for most patients.
- We will check wound healing as well as range of motion. It is normal to have some scar thickening and sensitivity, particularly with direct pressure on the wound. This may take some months for resolution.
- We will assess improvement in numbness/tingling in your hand. As mentioned above, it can take quite some time, up to 1 year after surgery, to notice improvement.
- If there are no issues, you will be discharged and may return to all activities without restrictions.