

Immediately After Surgery:

- Work on the range of motion of your elbow, wrist, hand and fingers to reduce swelling and stiffness.
- Keep your bandage clean, dry, and intact until your first post-operative visit.
- Wear the sling.
- You will receive local numbing medicine around the surgical site at the time of surgery. In some patients, this can last for a few days after surgery.
- 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.
- X-rays will be taken in the office.
- Continue to wear the sling for the next 4 weeks.
- The surgical site 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.)
- You may begin home exercises at this time. You may work on range of motion at the elbow, wrist, and digits. Pendulum exercises for the shoulder are also recommended. **Do not lift your arm above your shoulder.**
- 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.
- Continue to avoid any heavy lifting, gripping, or squeezing.

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

- X-rays will be taken in the office.
- Your sling will likely be discontinued.
- Depending on your progress, you may begin formal therapy, and should continue to work on home exercises.
- You may begin to increase use of your affected arm but should still avoid heavy lifting (greater than about 5 lbs) or impact to the affected hand.

Third Post-Operative Visit (10-12 weeks after surgery):

- X-rays will be taken in the office.
- Continue formal therapy, with an emphasis on range of motion and strengthening.
- Expected full recovery is about 4 months after surgery.