

Immediately After Surgery:

- Elevate the extremity and move your fingers to reduce swelling and stiffness.
- Keep your bandage clean, dry, and intact until your first post-operative visit. 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. 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.
- The surgical site may now be washed with soap and water in the shower. Avoid soaking or submerging your hand/wrist under water for the next 2 weeks (dishes, pools, hot tubs, etc.)
- You will be provided with a referral for a wrist splint. The splint should be worn at all times except for hygiene purposes and gentle range of motion exercises.
- Depending upon your progress, you may be provided with a referral for formal therapy; this will assist with regaining range of motion and addressing swelling.
- 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 your normal, lighter activities as tolerated, but should continue to avoid any heavy lifting, gripping, or squeezing for the next few weeks..

Second Postoperative Visit (5-6 weeks after surgery):

- Depending upon your progress, therapy may be extended at this visit.
- This may be the final visit for most patients.
- We will check wound healing as well as range of motion.
- If there are no issues, you will be discharged and can return to all activities without restrictions.
- Full recovery is generally between 6-10 weeks for most patients.