

Immediately After Surgery:

- Elevate the extremity and move fingers to reduce swelling and stiffness. Frequently gently curl up your fingers and straighten the fingers to reduce hand swelling.
- Keep your bandage clean, dry, and intact until your first post-operative visit.
- 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 splint and sutures will be removed in the office.
- X-rays will be taken in the office.
- You will be given a referral for a hinged elbow brace. This will prevent you from fully extending your elbow.
- Your brace may be removed for showers; be careful not to fully extend your elbow. 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 (pools, hot tubs, etc.)
- You will be provided with a referral to physical therapy. Your therapist will increase the extension block on your brace weekly. Range of motion within the block is permitted. Your therapist will progress you along as appropriate.
- Avoid any heavy lifting, gripping, or strengthening with your operative arm.

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

- Your brace will be discontinued at this visit.
- Continue with formal therapy. You may begin gentle strengthening.
- Continue to avoid any heavy lifting with the affected arm.

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

- Continue with therapy and home exercises, if needed
- Expected time to full recovery is 4-6 months.