

Immediately After Surgery:

- Elevate the extremity and move the unaffected fingers to reduce swelling and prevent 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 operative digit and adjacent digits is expected immediately after surgery, and 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 (3-4 days after surgery):

- Your bandage will be removed, and a smaller, less bulky bandage will be placed over the incision site.
- Your bandage should still remain clean and dry while showering.
- You will be given a referral for a custom molded splint. This splint should be worn at night, but does not need to be worn during the day.
- Therapy may begin after this visit, however you should also begin gentle range of motion exercises for your hand. Curling up your fingers to make a gentle fist is very important.

Second Post-Operative Visit (12-14 weeks after surgery):

- Your 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 arm under water for the next 2 weeks (dishes, pools, hot tubs, etc.)
- Begin/Continue formal occupational therapy.
- Continue forward with use of the nighttime splint.

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

- Evaluate range of motion and wound healing.
- Depending on your progress, you may be provided with an extension for therapy.
- You may begin gentle strengthening exercises after this visit.
- Continue use of the night time extension splint for the first 3 months after surgery