

Immediately After Surgery:

- Elevate the extremity and move fingers to reduce swelling and stiffness.
- Keep your bandage clean, dry, and intact until your first post-operative visit.
- You may have had a regional block (nerve block) performed at the time of your surgery. This will numb your arm for about 18-24 hours after surgery and be helpful with pain control.
- 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 may be taken in the office
- The surgical portal incisions 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 will be provided with a referral for formal therapy; this will assist with regaining/improving 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.
- Continue to avoid any heavy lifting, gripping, or squeezing.

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

- We will check wound healing as well as range of motion.
- Continue to attend formal occupational therapy. You may now begin strengthening.
- You may ease into more aggressive use of your arm. Continue to avoid extreme lifting/impact to the arm.

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

- Depending on your progress, more therapy may be prescribed at this visit to progress strengthening.
- Expected full recovery is about 3-4 months.