

**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 put 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.
- X-rays will be taken in the office.
- You will be provided with a referral for a custom molded splint for the affected finger/hand. The splint should be worn at all times except for hygiene purposes and gentle range of motion exercises.
- The surgical site may now be washed with soap and water in the shower. **Pin sites should be cleansed daily with hydrogen peroxide if they are outside the skin.** Avoid soaking or submerging your arm under water.
- Continue to avoid any heavy lifting, gripping, strengthening, or squeezing with the operative hand.

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

- X-rays will be taken in the office.
- Depending on the amount of healing on x-rays, we will plan for pin removal. Pins will be removed in the office if they are exposed, or they will be removed in the Libertyville procedure room or in surgery if they are buried.
- You will be provided with a referral for formal occupational/hand therapy.
- 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. Avoid direct impact to the operative hand.

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

- X-rays will be taken in the office.
- Depending upon your progress, therapy may be extended at this visit to focus on improving range of motion and strength.
- Expected full recovery is about 3-4 months after surgery.