

**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 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.
- You will be provided with a removable wrist brace. This 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. Avoid soaking or submerging your arm under water for the next 2 weeks (dishes, pools, hot tubs, etc.) .
- You may begin gentle home exercises.
- Continue to avoid any heavy lifting, gripping, squeezing or strengthening with the surgical extremity.

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

- You will be cleared to discontinue use of the wrist brace.
- You will be provided with a referral for formal therapy. Patients usually attend twice a week for 4-6 weeks. You may begin gentle strengthening exercises, under the direction of your occupational therapist.
- 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.

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

- Depending upon your progress, therapy may be continued.
- Expected full recovery is 4-6 months after surgery.