

Immediately After Surgery:

- Elevate the extremity and move unaffected fingers to reduce swelling and stiffness.
- Keep your bandage clean, dry, and intact until your first post-operative visit. 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 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 (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. 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. Avoid soaking or submerging your arm under water for the next 2 weeks (dishes, pools, hot tubs, etc.)
- Depending upon the nature of your fracture, you may be provided with a referral for formal therapy; this will assist with regaining range of motion and addressing swelling. The hand and fingers have the tendency to get very stiff, so it is important to be compliant with exercises under the direction of your therapist.
- 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):

- X-rays will be taken in the office.
- You will likely be cleared to begin transitioning away from use of the splint
- If pins were used for your surgery, we will plan for pin removal. Pins will be removed in the office if left exposed, or will be removed in the procedure room or in surgery if they are buried.
- You will begin/continue formal occupational/hand therapy.
- You may begin to increase use of your affected hand 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 Postoperative 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.
- Expected full recovery is about 3 months after surgery.