

Immediately After Surgery:

- Work on the range of motion of your elbow, wrist, hand and fingers to reduce swelling and stiffness.
- Keep your bandage clean, dry, and intact until your first post-operative visit, unless advised otherwise.
- Wear the sling.
- You will likely have 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 will be taken in the office.
- Continue to wear the sling for the next 4 weeks.
- 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.)
- Formal therapy and home exercises may begin at this time. You may work on range of motion at the elbow, wrist, and digits. Pendulum exercises for the shoulder are also recommended. **Do not lift your arm at the shoulder.**
- 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 with the operative arm.

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

- X-rays will be taken in the office.
- Your sling may be discontinued at this visit, pending results on the x-ray.
- Continue forward with formal therapy and home exercises under the direction of your 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):

- X-rays will be taken in the office.
- Continue formal therapy, with an emphasis on range of motion and strengthening.
- Expected full recovery is about 4-6 months after surgery.