

**Immediately After Surgery:**

- Elevate the extremity and move fingers to reduce swelling and stiffness. Your wrist and thumb will be immobilized in a splint.
- Keep your bandage clean, dry, and intact until your first post-operative visit, unless instructed otherwise. 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. 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.)
- You may begin to work on gentle range of motion exercises for the fingers, as well as gentle range of motion of the tip of the thumb.
- 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, strengthening or squeezing.

**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-ray, you may continue forward with use of the functional cast, or transition to a more low profile thumb splint.
- 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. Gentle strengthening is okay.

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

- Your splint/functional cast will likely be discontinued at this visit.
- Depending on your progress, you may be provided with a referral for formal therapy; this will assist with regaining range of motion and strength.
- Expected full recovery is about 3-4 months after surgery. Due to the tenuous nature of healing of this bone, at times a bone stimulator device is ordered. You will be informed of this by Dr. Hoepfner, should he deem it necessary. In addition, given the odd shape of the scaphoid bone, X-rays do not always perfectly depict the amount of healing. Therefore, a CT scan can be ordered to provide better information with regard to the amount of bone healing.