

**Immediately After Surgery:**

- Elevate the extremity to reduce swelling.
- 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 numbness in the fingers 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 (3-5 days after surgery):**

- Your splint will be removed, and a smaller, less bulky bandage will be placed over the incision site.
- Your bandage should still remain clean and dry while showering.
- You will be given a referral for a custom molded splint. This splint should be worn at all times.
- Therapy may begin after this visit, depending on the protocol for your specific tendon injury.
- Avoid any heavy lifting, gripping, or strengthening with your operative arm.

**Second Post-Operative Visit (10-14 weeks after surgery):**

- Your bandage and sutures will be removed at this visit.
- 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 (pools, hot tubs, etc.)
- Start or continue therapy based on specific protocol.
- 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.

**Third Postoperative Visit (5-6 weeks after surgery):**

- Continue to attend formal occupational therapy and perform home exercises, per protocol.
- Your splint will likely be discontinued around this time, depending on your specific protocol.

**Fourth Postoperative Visit (10-12 weeks after surgery)**

- This will likely be the final visit for most patients.
- We will check wound healing as well as range of motion.
- If there are no issues, you will be discharged and can return to all activities without restrictions.