

**Immediately After Surgery:**

- Elevate the extremity and move your fingers to reduce swelling and stiffness. Your wrist will be immobilized in a protective 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.
- You will be provided with a referral for a removable wrist splint. The splint should be worn at all times except for hygiene purposes and gentle range of motion exercises.
- The incision site(s) 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 of your wrist and fingers, avoid full forearm rotation..
- 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 your operative hand.

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

- You will likely be cleared to transition away from the wrist splint, after this visit.
- You will be provided with a referral for formal therapy; this will assist with regaining range of motion and reducing swelling.
- You may begin to increase use of your affected arm but should still avoid heavy lifting (greater than about 5 lbs), gripping or squeezing. Gentle strengthening is ok.

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

- Depending on your progress, you may be provided with an extension for therapy to focus on strengthening.
- Expected full recovery is about 4-6 months after surgery.