

Immediately After Surgery:

- Elevate the extremity and move fingers regularly (except thumb) to reduce swelling and stiffness. Your thumb will be immobilized in the post-operative splint. Curl up and extend the fingers fully on a regular basis.
- 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 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.
- 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, or squeezing.

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

- You will be provided with an order for a lower profile neoprene thumb splint. You should wear this for the majority of the time, during the day, however it can be removed for showers and exercises.
- You will be provided with a referral for formal therapy; this will assist with regaining range of motion, strength, and address 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 under the direction of your therapist is ok.

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

- Depending upon your progress, therapy may be extended at this visit to focus on improving strength.
- Expected full recovery is about 3-4 months after surgery, however, there will be gradual improvement for an additional 6-9 months..