

**Immediately After Surgery:**

- Elevate the extremity and move fingers (except thumb) to reduce swelling and stiffness. Your thumb will be immobilized in the post-operative 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. Numbness in the operative and adjacent digits is expected immediately after surgery, and 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 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 thumb. **Be careful not to deviate the thumb from side to side.**
- 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 strengthening with the operative hand.

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

- You will be cleared to begin to wean from use of the thumb splint.
- At times, a neoprene supportive hand wrap is prescribed to be worn for more vigorous activities.
- Depending on your progress, you may be provided with a referral for formal therapy; this will assist with regaining range of motion and addressing residual sensitivity or swelling.
- You may begin to increase use of your affected arm but should still avoid heavy lifting (greater than about 5 lbs) gripping, or strengthening with the affected hand.

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

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