

**Immediately After Surgery:**

- Work on range of motion of the elbow, wrist and digits to reduce swelling and stiffness.
- 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 may have been provided several dressing changes from the discharge surgery RN. Follow the postop instructions.
- 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.
- Continue with use of the sling for the next 4 weeks.
- 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 will likely be provided with a referral for formal therapy. You may work on range of motion at the elbow, wrist and fingers. Pendulum exercises for the shoulder are also recommended. Your therapist will progress you along appropriately with your shoulder exercises. **Do not lift your arm at the shoulder.**
- 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 side.

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

- X-rays will be taken in the office.
- You may begin to wean from use of the sling at home. Your sling should still be worn while out in public.
- Continue forward with formal therapy and home exercises.
- 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.

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

- X-rays will be taken in the office.
- Continue formal therapy with an emphasis on range of motion and strengthening.
- Expected full recovery is about 4-6 months after surgery.