

**Immediately After Surgery:**

- Elevate the extremity to reduce swelling, gently curl up and extend all fingers regularly
- Keep your bandage clean, dry, and intact until your first post-operative visit, unless advised otherwise. 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.

**10-14 Days Post-Operatively:**

- Your bulky bandage will be removed, and a therapist will make a custom wrist splint which should be worn at all times. The splint may be removed for exercises.
- Continue range of motion exercises for your fingers only.

**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.
- Your wrist splint will be continued for an additional 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.)
- Continue forward with formal therapy and home exercises. At this stage, the focus in therapy will be on range of motion in fingers, scar massage, and decreasing swelling.
- 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, strengthening or squeezing with the operative side.

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

- X-rays will be taken in the office.
- You will likely be cleared to discontinue use of the splint
- Continue forward with formal therapy and home exercises. You may begin wrist range of motion at this stage.
- 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 forward with formal therapy and home exercises with an emphasis on range of motion and strengthening.
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- Expected full recovery is about 3-4 months.

**Expectations:**

- Average active range of motion is 30-45 degrees of flexion and extension at the wrist.
- Lifetime lifting restriction of 10 pounds.
- The goal of the surgery is to decrease pain and create a functional arc of motion.