

Immediately After Surgery:

- Elevate the extremity and move your wrist, hand, and fingers frequently to reduce swelling and prevent stiffness.
- 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.
- Your arm 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.)
- Generally, therapy is not necessary after this surgery, however, if needed, therapy will be prescribed.
- 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.
- You may return to normal/light activities, but should continue to avoid any heavy lifting, gripping, or squeezing for the next few weeks.

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

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