

Immediately After Surgery:

- Elevate the extremity and move your wrist, hand and fingers to reduce swelling and 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. Numbness in the fingers is expected immediately after surgery, and in some patients, this can last for a few days after surgery.
- It will take quite some time for the numbness/tingling you experienced prior to surgery to resolve.
- Some patients may notice an improvement in their numbness/tingling almost immediately, however for others it can take from 6 months to 1 year post operatively to see an improvement.
- 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.)
- You will be provided with a referral for formal therapy; this will assist with regaining range of motion and addressing 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, or squeezing.

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

- We will check wound healing as well as range of motion.
- You may begin or continue to attend formal occupational therapy, if indicated.
- We will assess improvement in numbness/tingling in your hand. As mentioned above, it can take quite some time, up to 1 year after surgery for the more severe cases, to notice improvement.
- You may return to all activities without restrictions, if you are recovering well.