



CMC (Carpal-metacarpal) Excisional Arthroplasty

Dr. McCarthy's Post-op Instructions

Splint

You will need to wear a wrist splint that incorporates your thumb 24 hours a day for the next 4 weeks. You may remove the splint 2–3 times a day to exercise and to bathe. If, however, you are sitting down and relaxing, you may remove the splint and rest your hand. This splint will be worn for 4 weeks, from your appointment today until you see Dr. McCarthy at your next post-op visit.

Exercises

Remove the splint to do your exercises. Begin by soaking your hand/wrist in warm water for approximately 10 minutes. After soaking, spend approximately 3–5 minutes doing the exercises as discussed at your post-op appointment. Your exercises are on the accompanying handouts.

Activity

While wearing your splint, you may use your hand for light activities, such as typing, writing, eating, dressing, and driving. Avoid vacuuming and heavy lifting. Do not exercise your hand/wrist more than 3 times a day. Do not do any firm gripping, pinching, or lifting with your hand. If you develop discomfort following an activity and your hand swells, soak your hand in cold water to help decrease the swelling.

Follow Up

You should follow up with Dr. McCarthy in 4 weeks to check your progress. As always, if you have any questions before your next appointment, please feel free to call the office and leave a voicemail message for Claire Joubert, PA–C, Dr. McCarthy's physician assistant, at 952-456-7215.

_____ If this area is checked, you have also had a thumb metacarpal-phalangeal (MP) joint fusion and you need to wear a low-profile splint while you're doing the exercises marked with an asterisk (*) on the accompanying handout. You will get this splint at your hand therapy appointment.