



## Extensor Tendon Centralization with Sagittal Hood Plication Dr. Bakker's Post-op Protocol

### IMPORTANT INSTRUCTIONS FOLLOWING SURGERY:

- After surgery, your forearm and hand will be in a large bandage and plaster splint. Please DO NOT remove this. Try to keep your bandage clean and dry.
- To minimize swelling, you must keep your hand lifted up to your shoulder level.
- When sitting or lying, you should use pillows to support your surgically affected extremity, especially when sleeping.

### REFERRAL TO HAND THERAPY:

- You should schedule an appointment with hand therapy on the same day as your post-operative visit with Dr. Bakker (7 days post-surgery). Depending on the clinic where hand therapy will be performed, please contact our Edina office at 952-456-7000 or our Plymouth office at 763-520-7870.

### WEEKS 0-1:

- Remain in post-operative splint.
- Perform gentle range of motion activities with your fingers.
- No heavy lifting or gripping with your surgical hand.
- Ice 20-30 minutes three times daily.
- Transition to Tylenol.
- Attend hand therapy (OT) at one week post-operatively for the fabrication of a custom removable hand based splint.
- Your therapist will provide for you an exercise program to increase range of motion and review the progression to recovery.

## WEEKS 1-2:

- Discontinuation of narcotics is expected, continue with Tylenol and ibuprofen as needed.
- Continue with Hand Therapy, emphasizing increased AROM, swelling management and the use of modalities as needed.
- The custom splint should be worn with all activities, but may be removed for bathing and to perform the home exercise program.
- No heavy lifting.
- No power gripping.
- Return to the clinic at the end of week two for evaluation and suture removal.
- You may get your surgical area wet after sutures are removed, but it is best to avoid submerging your incision for 1-2 days.

## WEEKS 2-6:

- Continue with OT with the goals of increasing ROM, scar tissue management, and decreasing pain/inflammation.
- The custom splint will continue to be worn with activities.
- No heavy lifting.
- No power gripping.

## WEEKS 6-8:

- Return to the clinic at six weeks post-operatively for re-evaluation.
- Continue with OT with the goals of improving strength and pain free range of motion.
- A weaning process from the custom splint will be initiated at weeks 7-8 post-operatively, removing when inactive or at home. A yoke splint may be considered for vigorous hand activities.
- Transition to activities as tolerated, may begin progressive lifting and gripping.

## WEEKS 8-12:

- Follow up at week twelve for re-evaluation or as needed if there are no concerns.
- Complete discontinuation of the custom splint at weeks eight or nine is expected.
- Progressive strengthening in Hand Therapy, with discharge being expected during this time frame.
- Perform all activities as tolerated.