



First Compartment Release (DeQuervain's Release) 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.
- Encouragement for finger movement to avoid stiffness and to help with swelling reduction. A pulling sensation may be noted, but this is normal.

REFERRAL TO HAND THERAPY:

- You will be instructed to make an appointment with Hand Therapy (OT) 1 week from your 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, to schedule.

WEEKS 0-2:

- Remain in the post-operative short arm splint.
- At 1-2 weeks you may transition from the post-operative splint to a thumb spica removable splint.
- Recheck with Dr. Bakker and suture removal at the end of week 2.
- Perform gentle range of motion of the fingers.
- Ice 20-30 minutes three times daily. Monitor for increased swelling of the fingers.
- Transition to Tylenol.
- Take 1500 mg of Vitamin C daily.

WEEKS 2-6:

- Return to the clinic at week 2 post-operatively for re-evaluation and suture removal.
- Begin thumb and wrist range of motion exercises. Continue with range of motion exercises, but not aggressive.
- Continue with the removable custom splint, especially with activities as needed.
- Therapy will emphasize scar and edema management.
- Avoid resistive thumb motion.
- Discontinuation of narcotics is expected, continue with Tylenol and ibuprofen as needed.

WEEKS 6-8:

- Return to the clinic 6 weeks from surgery for your second recheck with Dr. Bakker.
- Discharge from Hand Therapy is expected at this time.
- You may transition to all activities as tolerated.

WEEKS 6-12:

- Continue with the goals of increasing ROM, strength and scar tissue management.
- Progress in strengthening and perform activities as tolerated.