



## Partial Palmar Fasciectomy 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 (OT) on the same day as your first post-operative visit with Dr. Bakker. 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 the post-operative splint.
- Perform gentle range of motion activities of the fingers.
- 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 hand based extension splint. The splint will be worn continuously for the initial six weeks. Your hand therapy program will include therapeutic exercises, modalities as needed and the instruction of a home exercise program. Continued visits will be dependent on your progress.

## WEEKS 1-2:

- Discontinuation of narcotics is expected, continue with Tylenol and ibuprofen as needed.
- Continue with Hand Therapy, emphasizing ROM, scar / swelling management and the use of modalities as needed.
- The custom splint should be worn at all times except for bathing and to perform the home exercise program. The splint is worn at night while you sleep.
- 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, but may be removed for home exercise program and bathing.
- During this time period you should be able to complete a full fist closure. This may be dependent on the extent of your condition and number of finger involvement.

## WEEKS 6-12:

- Return to the clinic at six weeks post-operatively for re-evaluation.
- Continue in OT with the goals of improving strength, pain free range of motion and scar management.
- Transition to wearing the custom extension splint at night if you are maintaining good finger(s) extension. You may remove during the day hours for normal use of your hand.
- Perform activities as tolerated.

## WEEKS 12 AND BEYOND:

- Follow up at week twelve for re-evaluation or as needed if there are no concerns.
- Complete discontinuation of the custom splint is expected, this will be discussed by your hand therapist.
- Progressive strengthening in hand therapy, with discharge from hand therapy being expected during this time frame.
- Perform all activities as tolerated.