



DeQUERVAIN'S RELEASE

Daniel J. Marek, MD

Phone: 952-314-0771

Fax: 952-442-2029

DanielMarekMD.com

Important Instructions Following Surgery:

- After surgery, the wrist and hand will be in a light dressing. Please DO NOT remove this for the first 2 days. Try to keep the bandage clean and dry.
- To minimize swelling, keep the hand elevated to shoulder level.
- When sitting or lying, you should use a pillow to support you surgically affected extremity. To avoid stiffness and finger swelling, do gentle range of motion with the fingers.

2 Days Post-Op:

- Remove post-op dressings on day 2 and apply a band-aid. No antibiotic or general ointments for 2 weeks.
- Begin gentle digit and wrist range of motion.
- Patient may begin showering, if wounds are healing.
- No immersion in water. Avoid heavy soaking in pools, hot tubs, dishwasher for 2 weeks.

2 Weeks Post-Op:

- First PA-C post-op visit, return to clinic at the end of week 2 for a wound check.
- Begin wrist and thumb range of motion.
- Scar and edema management.
- Thumb spica splint.
- No aggressive ROM.
- Avoid resisted thumb motion.
- Review work station modifications, if needed, including avoiding laptop keyboard.

6 Weeks Post-Op:

- Return to MD for 2nd post-op visit

12 Weeks Post-Op:

- Begin strengthening, as needed.