



## **PIP ARTHROPLASTY (Volar Approach)**

**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 or possible splint. Please **DO NOT** remove this for the first 4-5 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.

### **4 – 5 Days Post-Op:**

- Remove post-op dressings. Apply a band-aid. No antibiotic or general ointments for 2 weeks
- No immersion in water. Avoid heavy soaking in pools, hot tubs, dishwasher for 2 weeks
- Fabricate dorsal blocking splint, finger-based, to 10 degrees extension
- Begin active digit flexion, extension within limits of splint
- **NO PASSIVE EXTENSION**
- Edema reduction
- Wound care

### **2 Weeks Post-Op:**

- At the end of 2 weeks, first post-op visit with PA-C in clinic
- Sutures removed
- Continue range of motion, edema reduction

### **6 Weeks Post-Op:**

- Continue range of motion
- Discontinue dorsal blocking splint

### **12 Weeks Post-Op:**

- Begin strengthening, as needed