



SCAPHOLUNATE LIGAMENT REPAIR

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Important instructions following surgery:

- After surgery, the wrist and hand will be in a short arm splint. Please DO NOT remove. 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.

0 – 2 Weeks Post-Op:

- Post-op dressings, short-arm
- Dressings removed at first post-op visit 2 weeks post surgery
- Short-arm cast
- Begin digit range of motion

6 weeks Post-Op:

- 2nd post-op visit with MD, new short arm cast

12 Weeks Post-Op:

- Begin wrist range of motion