

## **DeQuervain Release Patient Postoperative Instructions**

### **0-2 WEEKS**

#### **Pain medication:**

- Use your prescription pain medication as needed to control pain.
- Begin taking pain medication before the local anesthetic around your surgery site wears off.
- Do not drive or operate machinery while taking narcotic/opioid pain medication.
- Unless you cannot take them for other medical reasons, it is ok to use over-the-counter anti-inflammatory medication (e.g. Advil or Aleve) in addition to your prescription pain medication. Do not take Tylenol as your prescription already contains this medication.

#### **Post-op Dressings:**

- Keep the dressings in place for 3 days after surgery, then remove them and cover the incision with a waterproof band-aid.
- Elevation of the hand, along with ice on-and-off for 20 minutes at a time, will help with swelling and pain.
- It is ok to shower within the first 3 days after surgery, but the dressings must stay clean and dry. Place a waterproof covering over the dressings while bathing or showering (such as a heavy plastic bag that is sealed with Saran wrap). After removing the dressing, it is ok to let water run over the incision with a shower or when washing your hands, but do not immerse the incision (e.g. no swimming or bath tub) or scrub it.
- If the dressings get dirty, wet, or come apart please contact the office.

#### **Motion:**

- Start moving your fingers and the thumb as soon as possible.
- You can use your hand for light activity, such as eating, drinking, or using a computer.
- You do not have any lifting or carrying restrictions, but higher demand activities may cause surgical-site pain. Perform activities as your symptoms allow.

### **2-6 WEEKS (FIRST POST-OP VISIT)**

- Sutures, if present, will be removed at your 2-week visit.
- You can begin gentle scar massage at 3 weeks after surgery.

### **6 -10 WEEKS (SECOND POST-OP VISIT)**

- Schedule a second follow-up visit at 6 weeks.