

## Dequervain's Release Post Operative Rehabilitation Protocol

### **Following Surgery:**

- Expect a surgical dressing to be kept in place until your follow-up appt.
- Elevate and ice for at least 3 days.
- Continue to elevate as often as possible until your next clinic visit. (Elevate above your heart.)
- May shower at any time, however the dressing must be covered and remain clean/dry/intact.
- Take your pain medicine as needed and as prescribed. Call if any problems or questions arise.

### **Precautions:**

- Avoid activities that require sustained pinch in combination with ulnar deviation and/or palmar flexion of the wrist for 6 weeks.

### **13-15 Days Post Op:**

- Follow up appointment in clinic with MD/PA.
- Dressing and sutures will be removed.

### **Additional Tips:**

- Use power grip position when possible (instead of using thumb) with work or sports activities.
- Work with the wrist in a neutral position.
- Incorporate more of the arm when turning screwdriver to distribute the overall force.

