



Mucous Cyst Excision and Joint Debridement Post Operative Rehabilitation Protocol

Following Surgery:

- Expect a surgical bulky dressing to be kept in place for 3-4 days.
- Gentle full motion of fingers encouraged several times a day.
- Continue to elevate as often as possible until your next clinic visit. (Elevate above your heart.)
- Shower with a plastic bag.
- Call if any problems or questions arise.

3-4 Days Post Op:

- You may remove your bulky dressing and place band aids over your incision area.
- It will be important to keep your incision area clean and dry. (OK to shower without a bag, no scrubbing.)
- Do not submerge operative hand in water.

10-14 Days Post Op:

- Sutures will be removed in the clinic.

4-6 Weeks Post Op:

- Follow up appointment in clinic with the P.A. or Surgeon.