



BASAL JOINT ARTHROPLASTY POST OP INSTRUCTIONS- DR. PETER DENOBLE

WHAT DO I DO AFTER SURGERY?

Immediately after your surgery you will be wearing a splint that incorporates the thumb and wrist. You will be able to move your fingers and finger range of motion is actually encouraged post operatively. You will need to remain in your splint and be sure to keep it clean and dry over the next week.

When do I schedule my follow up appointment?

Call our office at 973-898-5999 to schedule your first follow up visit 1 week after your procedure. At your first follow up appointment your splint and dressing will be removed. X-rays may be taken and reviewed. At this point it will be determined if and when you will begin range of motion and therapy with the thumb. You may have a custom splint prescribed that a hand therapist will make for you. Full recovery usually takes 4-6 months to return to all activities.

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1 week after your procedure.*

If you have fevers, increasing pain, or any questions regarding your care feel free to call our office and we will address your concerns.

Helpful tips:

1. Ice and elevation (keeping your hand above the level of your heart) are both very helpful during the early post op period.
2. If you notice that your hand appears to be swelling it is most likely because it needs to be elevated or your dressing may be too tight (if you get permission from your doctor you may be able to loosen the outer dressing).
3. Some patients find it alarming to see bruising in their fingers and hand after surgery, but this is quite normal.