Following Surgery:
- Expect a surgical dressing and splint to be kept in place for 10-14 days.
  - If finger DIP or PIP fusion, or thumb IP fusion, expect an aluminum splint for involved digit.
  - If thumb MCP fusion, expect a forearm thumb spica splint.
- Elevate for at least 3 days, or as often as possible until your next clinic visit. (Elevate above your heart.)
- Shower with a plastic bag covering the splint and seal with tape.
- Take your pain medicine as needed and as prescribed. Call if any problems or questions arise.

10-14 Days Post Op (at therapy):
- Dressing, splint, and sutures will be removed.
  - If finger fusion or thumb IP fusion, expect a new protective splint for involved digit for continual wear for 6-8 weeks (may be changed as needed).
  - If thumb MCP fusion, expect a thumb spica cast for 6-8 weeks.
- If pins are exposed outside of the cast or splint, clean the pin/skin interface daily with hydrogen peroxide & Q-tip.
- Active and passive Range of Motion (ROM) exercises may be initiated to all uninvolved joints.
- Therapist will address edema control with a fingersock or 1” Coban™, as well as scar management once wound has healed (i.e. scar massage with lotion and elastomer™, Rolyan 50/50™ or OtoformK™).

8 Weeks Post Op:
- Follow up appointment in clinic with P.A. or M.D.
- Expect x-ray to evaluate healing.
- Once fusion is clinically healed (as shown on x-ray):
  - Protective splint or cast may be discontinued.
  - Progressive strengthening program will be initiated under the direction of therapist.
  - May follow up in clinic as needed.
  - Typically, 1-3 therapy visits will be sufficient after fusion of the bones occurs.

*Please visit our website at www.akhanddoc.com for illustrations.*

Note: These instructions are to serve as guidelines and are subject to Physician discretion. Actual progress may be faster or slower depending on the individual.