



Michael G. McNamara, MD  
 Kevin C. Paisley, DO  
 Jason R. Gray, MD

Robert R. Thomas, PA-C  
 Jennifer A. Fayette, PA-C  
 David P. Wonchala, PA-C

4015 Lake Otis Parkway, Suite 201 Anchorage, AK 99508 • Phone 907-771-3500 • Fax 907-771-3550 • [www.akhanddoc.com](http://www.akhanddoc.com)

## **\*Dequervain's Release Post Operative Rehabilitation Protocol**

### **Following Surgery:**

- Expect a surgical dressing to be kept in place for 3-5 days.
- 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 when the dressing is removed and tegederm is 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.

### **3-5 Days Post Op:**

- May remove dressing.

### **10-14 Days Post Op:**

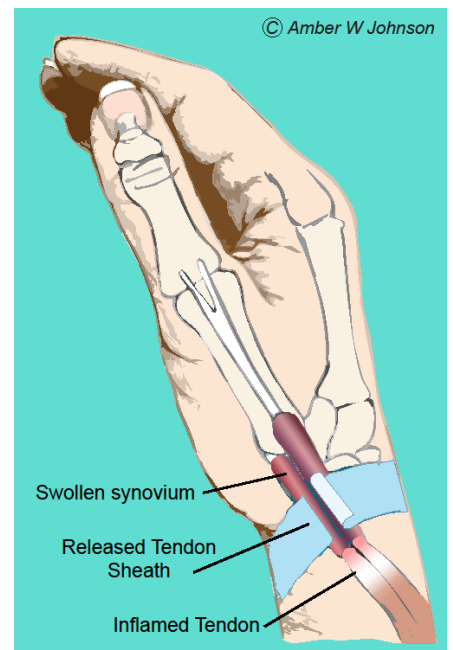
- Follow up appointment in clinic with MD/PA.
- Tegederm will be removed.

### **6-8 Weeks Post Op:**

- Follow up appointment in clinic with MD if needed.

### **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.



*\*Please visit our website at [www.akhanddoc.com](http://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.