

## **Post-operative Instructions: Thumb Ligament Repair**

### **Dressing:**

Please keep your dressing clean, dry, and intact until you follow up. It should be covered with a plastic bag and kept dry and out of the water while bathing. You may put an ice pack over your operative site to help with pain and swelling. Please elevate your hand to minimize swelling.

### **Activity:**

No lifting or weight bearing on your operative extremity. You may use your fingers for light activity that does not cause pain, such as typing, texting, or using an iPad. **Please do not move your thumb or use your thumb for these activities.** Please do not lift anything heavier than a dinner fork with your hand. Do not move your thumb, but you can gently make a fist with your other digits to avoid stiffness.

### **Pain control:**

You may be given a prescription for narcotic pain medication. Please use the narcotic medication as sparingly as possible to avoid trouble with side effects (nausea, constipation, dizziness, addiction). As your pain decreases, please wean yourself off of the narcotics as soon as possible by substituting over the counter medications instead (ie- Advil, Motrin, Tylenol, or Aleve). For constipation, you can take 300 mg of colace a day (colace is an over the counter stool softener).

### **Follow up:**

Please make an appointment for 7-10 days after surgery. You should call the office to schedule this appointment.

### **Return to work/school:**

You may return to light activity at work/school once you no longer need narcotic pain medication. No gym class at school.

For questions, please call the office: 301-657-9876