

## **Post-operative Instructions**

**Procedure:** DeQuervain's Surgery

### **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.

### **Activity:**

The more you rest in the first few days after surgery, the less bleeding, swelling, pain, and scar tissue you will have. After the first few days of rest, you may perform light activity with your operative hand as tolerated **that does NOT cause pain**, such as typing or using an iPad. Please do not lift anything heavier than your dinner fork for 2 weeks, and please avoid activities that cause pain. Ice and elevation can help a lot with pain and swelling.

### **Pain control:**

Most patients do well with over the counter pain medication for this surgery (ibuprofen and Tylenol). Please refer to your instruction sheet on how to stagger the ibuprofen and Tylenol to manage your pain. You may be given a prescription for narcotic pain medication if needed, but please use the narcotic medication as sparingly as possible to avoid trouble with side effects (nausea, constipation, dizziness, addiction). For constipation, you can take 300 mg of colace a day (colace is an over-the-counter stool softener).

### **Follow up:**

Please call the office to schedule an appointment for ~14 days after surgery.

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

You may return to light activity at work/school once you no longer need narcotic pain medication, but no gym and no weight bearing activities are allowed on your operative hand.

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