

## **Dr. Allen DeQuervain's Release Post-Op Instructions**

### **Dressings**

A large, bulky dressing will be placed at the end of the surgery. This will limit your motion some, but should help with comfort in the first several days after surgery. Keep the bulky dressing in place until your first therapy appointment in ~3 days. They will do your first dressing change and transition you to a removable wrist brace at that time. we remove it in clinic. You will need to place a bag over your arm or take sponge baths until your first dressing change. Make sure to wash your hands before touching the skin around your incision. Dressings can be removed and replaced with clean, fresh gauze, make sure to keep the wound covered until your first follow up. After your first dressing change it is ok to shower and get the wound wet. Do not soak your incisions. Let warm soapy water run over your wrist, pat dry with a clean towel, and replace with fresh dressings.

### **Pain Control**

Pain control is a very important aspect of your recovery. It is well documented that multimodal pain control is the most effective way to manage post-operative pain. At the end of the procedure, I will inject local anesthetic into the surgical field. Typically, only a few or no narcotics are required after DeQuervain's release. If a narcotic prescription was provided for you, this is to be used for break through pain. Combining the narcotic pain medications with Tylenol and Ibuprofen has been shown to give superior pain relief compared to the narcotic alone. The goal is to use the narcotic pain medications sparingly and discontinue its use within a few days. Ice and elevation for the first several days after your surgery will also help control your pain.

### **Nausea**

Nausea after surgery and anesthesia is not uncommon. You will receive an anti-nausea medication prescription for use at your discretion.

### **Movement/Exercise**

Begin moving the fingers and thumb the day of surgery. Gentle motion early on is essential to prevent stiffness and tendon scarring post-op. Make a full fist, bend and flex your thumb, move the wrist and elbow several times a day.

### **Therapy**

Typically, you will see therapy in the first several days after surgery. They will remove the large bulky dressing and give you a removable wrist brace. Wear the brace nearly all the time for the first 2 weeks. It is ok to remove it for showers and exercises. It should be worn to sleep. After your first follow up appointment you can discontinue the brace at your discretion

### **Follow Up**

Typically, your first follow up is around 2 weeks after surgery. We will inspect the wound, remove any sutures, assess your motion, and schedule any additional therapy appointment as needed.