

## Dr. Robert Wysocki

### Soft tissue surgery (carpal tunnel, cubital tunnel, trigger finger, deQuervain's, radial tunnel, ganglion excision, etc.)

#### 0-5 days Postop:

Patients will have on post-op dressing. This is to stay clean, dry and intact. Gentle exercise and light use of the hand is encouraged beginning the day after surgery. Hand, wrist and elbow range of motion within the Ace wrap is encouraged.

#### Day 5 Post-op:

Remove the dressing! **If you have steri-strips over your incision please leave those in place.** You can start showering, and get the wound wet in the running water. After showering cover the wound with clean gauze and re-wrap the ace wrap. No submerging hand, including bath tub, hot tub, swimming pool, dish water for 3 weeks. No heavy resistive activities or impact on the palm for 6 weeks following surgery.

#### 10-14 days Postop:

The stitches are removed. Active range of motion exercises of the fingers and wrist are continued. Scar massage and desensitization are initiated when the incision is made accessible. The palm is tender for at least four to six weeks after the procedure.