

WHAT TO EXPECT AFTER WRIST SURGERY

- You will be able to move your fingers immediately following surgery and are encouraged to do so to prevent stiffness. DO NOT attempt to lift anything after surgery.
- Patients can go home after surgery the same day.
- The splint will be removed at your first visit, about 10-14 days after surgery.
- Please do not apply any creams or ointments (including Neosporin) to the fresh wound after surgery. Later it is ok to apply scar treatments (Vit-E, Mederma, etc)
- The surgery typically takes around an hour, but you will be at the surgery center for a few hours.
- You can expect some soreness and pain in your wrist for a few days to a week and some bruising. Ibuprofen and Tylenol are best for treating this soreness. A pain medication is also typically prescribed to help in the first few days and for sleep.
- It is common to have soreness in the wrist for several weeks.
- Recovery, especially for severe injuries, can take 6-12 months, sometimes more.
- You can start driving again as soon as you feel it's safe for you to drive, you need to be off all pain medication and hold the wheel with both hands.
- You may be able to write and use a computer within a day or two.
- Most patients find it helpful to work with a hand therapist to help with the motion and strength and dexterity.

Additional online resources

ASSH.org

Arthritis.org

Orthoinfo.org