

WHAT TO EXPECT AFTER THUMB 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 pinch after surgery. Firm pinching is restricted for 3 months.
- Patients can go home after surgery the same day.
- The dressing 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.
- The surgery typically only takes about 45 minutes, but you will be at the surgery center for a few hours.
- You can expect some soreness in your hand 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 hand for several weeks.
- Strength returns to what it was before surgery, but recovery can take 3-4 months.
- 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 feel much better within the first few 5-7 days, but it can take up to six months for all swelling and stiffness to resolve.
- 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