



IMPROVING HEALTH

## Post-Operative Care: Thumb CMC Arthroplasty with Trapeziectomy and Arthrex Tightrope

### Wound Care

- Suture removal at 2-3 weeks.
- When sutures are removed, you are now able to get your hand wet in the shower, handwashing, use mild soap, and use hand sanitizer.
- No soaking in contaminated water such as dirty dish water, pools, hot tubs, and lakes until surgical site is fully healed (2-3 weeks after the sutures are removed).
- Cover with bandage if you are going to be in a dirty environment. Otherwise, open to air.

### Limitations

- The first two weeks there is no use of the hand that was operated on. Leave postoperative splint and dressing on until postop visit with clinic provider or therapy.
- Week 2 to 6 postoperatively, the weight limit is no more than 1 pound with rare pinch and grip. Brace received from therapy must be on at all times. Can remove for daily therapy exercises and personal hygiene.
- Week 6 to 10 post operatively, weight limit of 5 pounds with occasional pinch and grip. This is where you can start to slowly wean back into normal activity.
- Week 10 and beyond, there are no limitations. Remember, you will be sore with some activities as you wean back into them.

### Surgical Expectations

- You will be sore over the surgical site for up to three months, especially with direct pressure.
- Soreness and swelling will fluctuate the first 3 to 4 months as you wean back into normal activity, this is normal.
- Strength in the hand will also take time to return, be patient.
- This procedure takes time and patience to recover from. Total recovery time can range anywhere from 3 to 4 months. Things will feel slow at first. With due diligence, commitment to therapy, patience, and time; your recover will be successful.

### Therapy

- You will attend therapy 2 to 3 times a week. This will last anywhere from 10 to 16 weeks depending on how your recovery is going.
- Complete therapy exercises at home at least once a day for 16 weeks focusing on range of motion, scar massage, and strengthening.
- Therapy is key to a successful recovery.

### Brace

- The first two weeks you will be in a postoperative splint and dressing. Please leave this on until first postop visit.
- Week 2 to 6, you'll be in a custom-made splint provided by therapy. You must keep it on at all times(day and night). You can remove for daily therapy exercises and personal hygiene.
- Week 6 to 10, you will start weaning out of your brace. You can use your brace for more strenuous activities, off for less strenuous activities. Keep in mind the weight limit.
- At week 10, you should be completely weaned out of your brace.

- Anytime you have a question.

**When to Call**  
605.217.2667

- Decreased range of motion.

- Increased pain, redness, drainage, or numbness/tingling.