



Town Center
ORTHOPAEDICS

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HAND & WRIST SURGERY
UPPER EXTREMITY SURGERY
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Post-operative Instructions: Finger Pinning

- Move fingers that are not immobilized by the splint immediately after surgery.
- Keep splint on until follow up in 4-7 days. OT for new custom splint and start protected finger ROM (joints not involved).
- 10-14 day follow up for wound check/suture removal.
- Pins are typically removed at 4-6 weeks after surgery.
- 2-4 weeks: Continue ROM exercises for uninvolved joints. Wear splint at all times except for hygiene and therapy exercises. No lifting/pushing/pulling with involved fingers.
- After pin removal, start active ROM of the involved joints and continue wearing the splint.
- 8-12 weeks: Start passive ROM as well and wean out of splint. OK to start gentle strengthening exercises if not painful. Lift < 2 lbs with involved fingers.
- 12 weeks: Return to normal use of hand using pain as guide