



Town Center
ORTHOPAEDICS

Baris Yildirim, MD
HAND & WRIST SURGERY
UPPER EXTREMITY SURGERY
1860 Town Center Drive, Ste 300
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Post-operative Instructions: CMC Arthroplasty

- OK for finger (not thumb), elbow, and shoulder ROM immediately after surgery. Keep splint on until follow up.
- 2 weeks: Follow up with me. Trim sutures if needed. OT for custom hand-based thumb splint. Start daily gentle active ROM exercises to thumb. Wear splint at all times except for hygiene and motion exercises. No pinching or gripping. Lift<2lbs.
- 4 weeks: Start scar desensitization
- 6 weeks: OK to remove splint at rest, but continue for heavy activities. No forceful pinching.
- 8 weeks: Start gentle strengthening exercises. Splint only as needed.
- 12 weeks: Return to normal use of hand using pain as a guide. Maximal strength often not until 4-6 months.