



Town Center

ORTHOPAEDICS

Baris Yildirim, MD
HAND & WRIST SURGERY
UPPER EXTREMITY SURGERY
1860 Town Center Drive, Ste 300
Reston, Virginia 20190
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Post-operative Instructions: CMC Arthroplasty

- 0-2 weeks: Keep splint on until follow up. Start finger (not thumb), elbow, and shoulder ROM immediately after surgery.
- Remove sutures/staples if present at 10-14 day follow up. OT after visit for custom thermoplast splint and exercises.
- 2-6 weeks: Daily active and passive ROM exercises to thumb and wrist. Wear splint at all times except for hygiene and therapy exercises.
- May start scar desensitization 4 weeks after surgery
- 6-12 weeks: Start weaning out of splint and start gentle strengthening exercises
- 12 weeks: Return to normal use of hand