



Town Center
ORTHOPAEDICS

Baris Yildirim, MD
HAND & WRIST SURGERY
UPPER EXTREMITY SURGERY
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Post-operative Instructions: Finger Pinning

- Move fingers that are free as tolerated after surgery.
- Keep splint on until follow up in 10-14 days. OT for custom splint and start protected finger ROM in joints not involved. Wear splint at all times except for hygiene and therapy exercises. No lifting.
- Pins are typically removed at 3-4 weeks after surgery.
- After pins are removed, start active ROM of involved joints and continue wearing the splint.
- 6 weeks: X-rays. Start passive ROM
- 8 weeks: X-rays. Wean out of splint. Continue stretching until normal motion. Lift < 2 lbs with involved fingers.
- 12 weeks: Return to normal use of hand using pain as guide