



Town Center
ORTHOPAEDICS

Baris Yildirim, MD
HAND & WRIST SURGERY
UPPER EXTREMITY SURGERY
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*Post-operative Instructions: Scaphoid Nonunion Repair
or Proximal Pole Fracture*

- Start finger, elbow, and shoulder ROM immediately after surgery. Elevate and ice as much as possible. No lifting/pushing/pulling.
- Follow up with me at 10-14 days for X-rays and wound check. OT for custom short arm splint. Thumb spica if pain with thumb motion. Cast if patient prefers. Wear splint at all times except hygiene. Continue finger, elbow, shoulder ROM until normal. Lift < 2 lbs. Scar desensitization.
- 6 weeks: X-rays. Begin wrist ROM exercises. OK to remove splint at rest, but continue for activities. Lift < 5 lbs.
- 12 weeks: X-rays to confirm healing (CT if needed). OK to strengthen as tolerated and return to full duty manual labor or contact sports at 3 months.