



**Town Center**  
ORTHOPAEDICS

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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 with hand.
- Follow up with me at 7-10 days. Remove sutures and apply steristrips. OT after visit for custom short arm splint. Thumb spica if pain with thumb motion. Cast if patient prefers.
- 2-6 weeks: Wear splint at all times except hygiene. Continue finger, elbow, shoulder ROM until normal. Lift < 2 lbs. Scar desensitization.
- 6-12 weeks: Wean out of splint and begin wrist ROM exercises. Lift < 5 lbs.
- 12+ weeks: confirm healing (CT if needed). OK to return to full duty manual labor or contact sports at 3 months.