



Town Center
ORTHOPAEDICS

Baris Yildirim, MD
HAND & WRIST SURGERY
UPPER EXTREMITY SURGERY
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Post-operative Instructions: Scaphoid Waist 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 in 10-14 days for wound check. OT for custom wrist splint. OK to start gentle active ROM. Thumb spica if pain with thumb motion. Wear splint at all times except hygiene and exercises. Lift < 2 lbs.
- 4 weeks: Start scar desensitization.
- 6 weeks: X-rays. Wean out of splint, but continue with heavy activities. Begin strengthening and passive ROM. Lift < 5 lbs.
- 12 weeks: X-rays. Start work conditioning or return to sport program. Confirm healing (CT if needed). OK to return to full duty manual labor or contact sports if healed at 3 months.