



Town Center
ORTHOPAEDICS

Baris Yildirim, MD
HAND & WRIST SURGERY
UPPER EXTREMITY SURGERY
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Post-operative Instructions: Scapholunate Repair/Recon

- 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.
- 2-8 weeks: Wear splint at all times except hygiene. Continue finger, elbow, shoulder ROM until normal. Lift < 1lb. Start scar desensitization.
- 8-12 weeks: Remove pins and plate if used. Continue splint and begin gentle active wrist ROM exercises. Lift < 2 lbs.
- 12+ weeks: Wean out of splint. Progress ROM and start strengthening.
- OK to return to light duty / gentle activities at 4 months.
- Manual labor or contact sports at 5-6 months.