



# Town Center

ORTHOPAEDICS

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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 10-14 days. Remove sutures and apply steristrips. OT after visit for custom short arm splint. Cast if patient prefers.
- 2- weeks: Wear splint at all times except hygiene. Continue finger, elbow, shoulder ROM until normal. No wrist ROM. Lift < 2 lbs. Scar desensitization.
- -12 weeks: Remove pins. Continue splint and begin gentle active wrist ROM exercises. Lift < 5 lbs.
- 12+ weeks: Wean out of splint. Progress ROM and start strengthening. OK to return to gentle activity at 4 months. Manual labor or contact sports at 5-6 months.