



ROSENBERG COOLEY METCALF
THE ORTHOPEDIC CLINIC AT PARK CITY

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**DeQuervain's Release
Post-Operative Protocol**

<p>Day 0-14</p>	<ul style="list-style-type: none">• No lifting greater than 1-2 pounds<ul style="list-style-type: none">○ May do self-care activities as well as light duty work such as typing and writing• Make a fist 5 times an hour while awake; finger motion (full extension and flexion) is important for all fingers.• Keep hand elevated above the level of your heart <p>Day 0-2</p> <ul style="list-style-type: none">• Keep post-operative dressing in place• Keep dressing clean and dry <p>Day 3</p> <ul style="list-style-type: none">• Remove post-operative dressing; keep steri-strips in place• Keep surgical site clean and dry
<p>Follow-up Visit (day 10-14)</p>	<ul style="list-style-type: none">• Stitches are absorbable<ul style="list-style-type: none">○ A clear tag of the absorbable stitch may be sticking out of the skin; snip the tag of the stitch close to your skin.• May get steri-strips wet, but may not soak (bath tub, swimming, hot tub, etc.); pat area dry.<ul style="list-style-type: none">○ Once steri-strips fall off and incision site is fully healed, water activity is unrestricted• May gradually return to activity with no weight restrictions