



ROSENBERG COOLEY METCALF
THE ORTHOPEDIC CLINIC AT PARK CITY

Patrick Olson, M.D.

**Scapholunate Ligament Repair
Post-Operative Protocol**

Days 0-14	<ul style="list-style-type: none">• Keep post-operative dressing in place• <u>Keep dressing clean and dry</u>• Keep hand elevated above the level of your heart• Make a fist 5 times an hour while awake; finger motion (full extension and flexion) is important for all fingers.• May use hand for very light activities of daily living, such as eating, writing, typing, getting dressed, and brushing teeth
Day 14 Post-Op Appointment	Post-Op Appointment <ul style="list-style-type: none">• Post-operative dressing removed• Stitches are absorbable and steri-strips left in place• Pins remain in place• Placed in a cast• <u>Keep clean and dry</u>; place bag over cast while showering
Week 6 - 8 Follow up Visit	<ul style="list-style-type: none">• Cast and pins removed in office• Placed in a removable splint to be worn full time<ul style="list-style-type: none">○ Take splint off to shower and to work on gentle range of motion several times a day○ No axial loading (bench press, push ups, etc.)
Week 12 Follow up Visit	<ul style="list-style-type: none">• Discontinue use of wrist splint during daily activity<ul style="list-style-type: none">○ Wear splint only during sport related activity and heavy lifting• Continue to work on regaining full range of motion