Thumb Ulnar Collateral Ligament Repair
Post-Operative Protocol

| Days 0- until first Post-Op Apt.: | • Keep post-operative dressing clean, dry, and in place  
| | • Keep hand elevated above the level of your heart  
| | • May use hand for very light activities of daily living, such as eating, writing, typing, getting dressed, and brushing teeth |
| Day 7-14: | Post-Op Appointment  
| | • Post-operative dressing removed  
| | • Stitches are absorbable and steri-strips left in place  
| | • Placed in custom, removable hand based splint (made by certified hand therapist) and begin range of motion (ROM) exercises under the guidance of a hand therapist |
| Weeks 1 - 6 | • Wear hand splint full time (including night time) to protect repair  
| | o Splint may be removed for showering and gentle ROM exercises as directed  
| | • May get steri-strips wet, but may not soak (bath tub, swimming, hot tub, etc.); pat area dry with clean towel  
| | o Once steri-strips fall off and the incision site is fully closed and healed, water activity is unrestricted  
| | • Continue with ROM (no pinch strengthening)  
| | o Gripping, grasping, or pinching with the thumb are prohibited. Premature return to these activities may cause failure of the repair. |
| Weeks 7-12 | • Wear hand splint during sport related activity and moderate lifting  
| | • Continue range of motion, but NO PINCHING UNTIL 3 MONTHS |
| 3 Months: | • Return to unrestricted activity without hand splint |