



Tendon Tenolysis

Patient Postoperative Instructions

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0-1 weeks

Pain medication:

- Use your prescription pain medication as needed to control pain.
- If your arm was numbed (blocked) for the surgery by the anesthesiologist, begin taking pain medication before the block wears off.
- Do not drive or operate machinery while taking narcotic/opioid pain medication.
- Unless you cannot take them for other medical reasons, it is ok to use over-the-counter anti-inflammatory medication (e.g. Advil or Aleve) in addition to your prescription pain medication. Do not take tylenol as your prescription already contains this medication.

Post-op Dressings:

- Keep the dressings and splint in place until your first postoperative visit.
- Elevation of the hand, along with ice on-and-off for 20 minutes at a time, will help with swelling and pain.
- It is ok to shower, but the dressings must stay clean and dry. Place a waterproof covering over the dressings while bathing or showering (such as a heavy plastic bag that is sealed with Saran wrap).
- If the dressings get dirty, wet, or come apart please contact the office to have them re-done.

Motion:

- Start moving your fingers that are not in the splint as soon as possible.
- You can use your hand for light activity, such as eating, drinking, or using a computer.
- Increase activity as your symptoms allow.

1-3 days (First therapy visit)

Incision care:

- The postoperative splint will be removed at your first therapy visit.
- Once the wound is dry it is ok to let water run over your incision, but do not immerse or soak it.

Splint:

- You may be fitted with a protective splint depending on the structures that were released.

Motion:

- Begin active and passive motion exercises under the direction of your therapist.
- Use your hand as your symptoms allow, though heavier activities may cause pain.

2-6 weeks (First post-op visit)

Incision care:

- The stitches will be removed at your 2 week postoperative visit.
- Scar massage can be performed starting at 3 weeks after surgery.

Motion:

- Continue with hand therapy exercises.

6-12 weeks (Second post-op visit)

Motion:

- Continue motion exercises.
- Begin resistance exercises if these have not already started.
- Return to activity as tolerated at 8-12 weeks.