

Thumb Basal Joint Arthroplasty Post-operative Instructions

Keep bandage clean, dry, and intact.

No lifting more than one pound with the operative hand until the sutures are removed.

Elevate and ice hand for first 24-48 hours.

Move fingers frequently – alternate between making a full fist and stretching the fingers fully straight. Wiggle the tip of the thumb.

First Post-op visit (10-14 days):

Suture removal, splint, begin therapy.

Two weeks post-op:

Begin touching the thumb to the index and middle fingers.

Four weeks post-op:

Begin touching the thumb to the ring and small fingers.

Six weeks post-op:

Begin strengthening and advance activities as tolerated.