

Patient Instructions following THUMB CMC ARTHRITIS SURGERY

Dr. Noor Alolabi, Plastic and Reconstructive Surgeon



FOLLOW UP APPOINTMENT

Date: _____ **Location:** Fracture Clinic, Section D (Oakville Hospital)

SURGICAL SITE CARE AFTER SURGERY

- Keep the dressing dry and in place until the follow-up appointment in 2 weeks. To shower, place a waterproof bag with an elastic band around the base to keep it dry.
- Do not perform any heavy lifting or tight gripping with the hand for 8 weeks following surgery. You may use it for light activities such as getting dressed, eating, typing, etc.
- The cleaning solution used in surgery is pink. Do not be alarmed if your forearm or fingertips are pink, it is not an infection.
- At your follow-up appointment, the plaster splint will be removed and a cast will be applied for 2 additional weeks.
- Your sutures are dissolvable and will not need to be removed.

PAIN MANAGEMENT AFTER SURGERY

- The local anaesthetic (freezing) used will last for 4-8 hours and sometimes even longer. It is advised to take the prescribed or an over-the-counter pain medication once the tingling in the fingers starts to wear off. If you had a regional block and your whole arm is frozen, the anaesthetic can last 12-24 hours – do not be alarmed.
- Take the prescribed pain medication as needed for the first few days after surgery. You can supplement this with Advil if needed.
- Keep your hand elevated when sitting or lying down to minimize throbbing and swelling.

SCAR CONTROL AFTER SURGERY

- After casting is complete, massage the scar multiple times a day for 2 months.
- Purchase “Silicone Gel” and apply over the scar for 2-3 months. This can be purchased from Dr. Alolabi’s office.

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