

1. Splint Care:

Keep your splint & dressing clean & dry. Do not remove. Swelling in the fingers is normal and may persist for several weeks. If the splint feels too tight, ice & elevate the arm to reduce swelling. If you have progressive pain or numbness in the hand, call the office.

2. Pain Medication:

You will be given a painkiller _____ to be taken 1-2 pills every 4-6 hours as needed. Do not drink or drive while on pain medication. Do not take additional Tylenol based pain medications while on this medication.

3. Activity:

You may use the hand as tolerated in the splint for light activity. Work on gentle range of motion of the fingers to prevent stiffness. Do not attempt to move the thumb as this could delay or prevent fusion.

4. General Instructions:

If you notice any signs of infection such as increased pain, redness, or fever $>100.5^{\circ}$ F, call the office immediately.

The pins used to fix your thumb will be removed in the office at 4-6 weeks.

Most fusions heal within 8-10 weeks.

5. Follow-up Appointment:

Call the office at (616) 949-8945 to schedule an appointment for 10-14 days after surgery.

6. Other Instructions:

If you have any problems or concerns following surgery, please call our office at (616) 949-8945.