



THUMB ARTHRITIS CMC SURGERY POST SURGERY INSTRUCTIONS & INFORMATION

Follow-up:

- Schedule 2 week follow-up with Dr. English's Office (Mountain Orthopaedics). If you have non-dissolving sutures we will remove them at this appointment
- Follow-up sooner with any questions or concerns

Therapy and Use:

- Elevate the hand above the heart for 2-3 days and as needed over the next two weeks
- Open and close the fingers multiple times each hour while awake to prevent stiffness
- Keep the splint dry and in place until you follow-up appointment in two weeks
- At your two week follow-up appointment you will be placed in a cast. You will be in the cast for 3-4 weeks
- No heavy gripping or use. Light use is encouraged.

Dressing and Wound Care:

- The splint you were placed in at surgery should not be removed. Keep it dry. If the splint feels too loose, too tight, or if there is any problem under the splint, contact Dr. English's office

Pain Control:

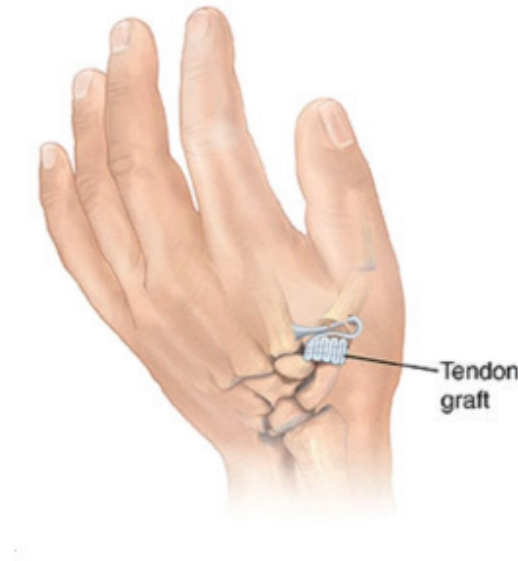
- Numbing medication that was given during surgery can last between 4-24 hours
- Use Tylenol and Ibuprofen for pain control after surgery
- If prescription medication is required it should NOT be taken within 6 hours of taking Tylenol (Acetaminophen). Tylenol (Acetaminophen) can be taken with or alternated with Ibuprofen
- Take your prescription pain medication as prescribed
- Prescription pain medication can cause constipation, nausea, itching, drowsiness, sedation, and hallucinations. It should be taken with a stool softener (Colace) and/or laxative (Miralax)

Recovery Timeline

- Weeks 0-2 - Immobilization in post-op dressing
- Weeks 3-5 - Immobilization in cast
- Weeks 6-10 - Use of removable splint and focus on range of motion
- Weeks 11-12 - Begin strengthening. Unrestricted use at 12-16 weeks depending on strength
- Full recovery of strength will take 6-12 months

Treating Basal Joint Arthritis

This type of arthritis affects the joint at the base of your thumb. This is called the CMC joint (carpo-metacarpal). Your treatment will depend on how severe the pain is and how worn the joint is.



When to call the surgeon:

Call your surgeon if you notice any of the following:

- White or pale-blue hand or nails (If you pinch your skin or nail and the color doesn't return)
- Redness, drainage, or other evidence of infection
- Pain that is not relieved by prescribed medicine
- Loss of sensation that occurs 24-36 hours after surgery
- For excess swelling in hand or fingers
- Fever over 100.4°F (38°C)