

Vincent R. Avallone, Jr., D.O. – AO Orthopedics

Post Operative Patient Information for:

De Quervain's Disease

De Quervain's Release: Your operation was performed through an incision on the thumb side of your forearm.

Dressing: A soft dressing has been applied to your wrist and hand, secured with an ace wrap. Although the dressing may become moist or blood stained, this is not usually a cause for alarm. Do not remove the dressing. It will be removed at the time of your first office visit. Keep the dressing clean and dry.

Pain: Upon discharge, you will be given a prescription for pain medication. Elevation of your wrist and hand will decrease swelling and pain. You should wiggle your fingers frequently to diminish swelling. Ice may be applied to the thumb side of your wrist (operative) for the first 48 hours on an intermittent basis.

Bathing: Keep dressing clean and dry. Bathing or soaking should be delayed until after your first appointment.

Activity: Ok for light lifting, bushing or pulling with your affected wrist and hand. You are encouraged, however, to wiggle your fingers and flex them into a fist to diminish swelling and stiffness.

Check-up: You should be checked in our office as instructed by your surgeon. Call the office to make an appointment within 2 business days of the surgery. At the time of your first follow-up visit, your wound will be examined and your sutures removed. An appropriate rehabilitation program will be started. Any questions regarding your surgery can be discussed at that time.

Precautions: If you develop a fever (101°F or above), sever pain, redness or swelling of your arm, please contact our office. You should also frequently check your fingers to ensure that they stay warm (compared to the other side), can feel, touch and wiggle them.