



Florida Bone & Joint
SPECIALISTS



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POST OP INSTRUCTIONS – DEQUERVAIN’S RELEASE

- **Keep hand and arm elevated most of the time.**
- The numbness from surgery usually lasts about 6 hours.
- You will have a Coban dressing and a removable splint. The splint can be readjusted and even removed but should be on when you are doing even light activities, going out, and sleeping.
- On post-op day 2 it is OK to remove the bandages entirely unless otherwise directed. You can wash with soapy water, but do not soak or immerse in water (no dishes, hot tubs, etc).
- I want you to move your fingers freely and actively (full range of motion), just don't lift anything more than a pound or two.
- If you had surgery on your dominant hand, writing will be difficult. Don't push it.
- The splint is a reminder to not lift anything. Wear it when you are out and about and to sleep. Band-aids are OK, but make sure to let the incision "breathe" as it will heal much faster with air.
- Call us to be evaluated for any redness, increased heat or anything that looks like an infection.
- You are to slowly wean out of the splint over the first two weeks after surgery. If the surgical site is swollen or it hurts, then wear the splint. There is no requirement for splint use once the dressings have been removed. It is there for your protection and comfort.

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