



Florida Bone & Joint
SPECIALISTS



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POST OP INSTRUCTIONS – Mucinous Cyst

- Your finger will be wrapped with a splint on after surgery.
- The numbness from surgery usually lasts about 6 hours.
- You should have an appointment with the hand therapist to make a splint in the next 2-5 days.
- Your finger can stay numb up to 24 hours, keep it elevated to prevent swelling.
- Moving the end joint (DIP) of the finger will cause this incision to break open, this is the reason for the splint.
- It is ok to shower and get the incision wet once you have seen the therapist, just don't bend the finger. You can wash with soapy water, but do not soak or immerse in water (no dishes, hot tubs, etc).
- Do not use over the counter salves, Neosporin, Bacitracin or other ointments on the wound. Hands and fingers sweat and the wound will get macerated.
- You will not need the splint once the wound has healed.
- It is ok to take ibuprofen.
- Please call if the wound looks bad, red or swollen
- Keep hand and arm elevated most of the time.

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