

**POST-OPERATIVE INSTRUCTIONS**

**Wrist Extensor Tendon Repair**

1. Hard splint for immobilization for 2 weeks. Sling for comfort.
2. The sling may be removed intermittently to allow passive range of motion of the elbow. Use your non-operative arm to slowly lift and lower operative your arm, bending at the elbow.
3. Cocked-up wrist splint for 4 weeks after hard splint removed.
4. No lifting or active wrist extension until released by Dr Domb.
5. Physical therapy will begin in 6 weeks, after splint removed.
6. You may shower on post-operative day #4. Please do not soak the arm (no baths, no hot tubs or swimming). Cover the arm with plastic wrap or saran wrap and secure it with tape in order to keep the cast and incisions dry.
7. Please call the office to schedule a follow-up appointment 14 days after your surgery.
8. If you develop a fever (101.5F), redness or drainage from the surgical incision site, please call our office to arrange for an evaluation.
9. Non-button down shirts or a shirt spilt up the side are the easiest to wear the first few weeks with the splint.
10. Pain medications such as Norco will be given for post operative pain. They are to be taken on an as needed basis.

**If you have any questions, please feel free to call or email our office.**