



**THE ORTHOPEDIC PARTNERS**  
AN RCM CLINIC

PARK CITY • HEBER CITY • SALT LAKE CITY

**Patrick Olson, M.D.**

**DeQuervain's Release  
Post-Operative Protocol**

Day 0-14	<ul style="list-style-type: none"><li>• No lifting greater than 1-2 pounds<ul style="list-style-type: none"><li>○ May do self-care activities as well as light duty work such as typing and writing</li></ul></li><li>• Make a fist 5 times an hour while awake; finger motion (full extension and flexion) is important for all fingers.</li><li>• Keep hand elevated above the level of your heart</li></ul> <p>Day 0-2</p> <ul style="list-style-type: none"><li>• Keep post-operative dressing in place</li><li>• Keep dressing clean and dry</li></ul> <p>Day 3</p> <ul style="list-style-type: none"><li>• Remove post-operative dressing; keep steri-strips in place</li><li>• Keep surgical site clean and dry</li></ul>
2 weeks	<ul style="list-style-type: none"><li>• Email a photo of your incision to the Olson Team email address</li><li>• Stitches are absorbable<ul style="list-style-type: none"><li>○ A clear tag of the absorbable stitch may be sticking out of the skin; snip the tag of the stitch close to your skin.</li></ul></li><li>• May get steri-strips wet, but may not soak (bath tub, swimming, hot tub, etc.); pat area dry.<ul style="list-style-type: none"><li>○ Once steri-strips fall off and incision site is fully healed, water activity is unrestricted</li></ul></li><li>• May gradually return to activity with no weight restrictions</li></ul>