



THE ORTHOPEDIC PARTNERS
AN RCM CLINIC

PARK CITY • HEBER CITY • SALT LAKE CITY

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**Dorsal Capsulodesis
Post-Operative Protocol**

Days 0-21	<ul style="list-style-type: none">• Keep post-operative dressing and splint in place• <u>Keep dressing clean and dry</u>• Keep hand elevated above the level of your heart• Make a fist 5 times an hour while awake; finger motion (full extension and flexion) is important for all fingers.• May use hand for light activities of daily living, such as eating, writing, typing, getting dressed, and brushing teeth (1-2 pounds)
Week 3 Post-Op Appointment	<p>Post-Op Appointment</p> <ul style="list-style-type: none">• Post-operative dressing and splint removed• Stitches are absorbable and steri-strips left in place• Placed in removable wrist brace• Remove brace several times daily to work on gentle ROM• No heavy lifting/pushing/pulling more than 5lbs and avoid high impact
Week 8 Follow up Visit	<ul style="list-style-type: none">• Discontinue use of wrist brace during daily activity<ul style="list-style-type: none">○ Wear brace only during sport related activity and heavy lifting• Continue to work on regaining full range of motion
Week 12 Follow up Visit	<ul style="list-style-type: none">• Cleared for all activities as tolerated