



THE ORTHOPEDIC PARTNERS
AN RCM CLINIC

PARK CITY • HEBER CITY • SALT LAKE CITY

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**Metacarpal Fracture
Post-Operative Protocol**

Days 0-14	<ul style="list-style-type: none">• Keep post-operative dressing in place• Keep dressing clean and dry• 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.<ul style="list-style-type: none">○ If pins were place, NO MOTION of involved fingers• May use hand for light activities of daily living, such as eating, writing, typing, getting dressed, and brushing teeth (1-2 pounds)
Day 10-14 Post-Op Appointment	Post-Op Appointment <ul style="list-style-type: none">• Post-operative dressing removed• Stitches are absorbable and steri-strips left in place• Pins remain in place – if you have them• Placed back in splint• Keep clean and dry (pins sticking out of skin); place bag over splint while showering<ul style="list-style-type: none">○ **No pins; can shower but no soaking until incision is well healed
Week 5-8 Follow up Visit	<ul style="list-style-type: none">• Pins removed in office – if you have them• Discontinue splint<ul style="list-style-type: none">○ Work on gentle range of motion several times a day○ No axial loading (bench press, push ups, etc.)
Week 12 Follow up Visit	<ul style="list-style-type: none">• Unrestricted in all activities as tolerated• Continue to work on regaining full range of motion