



THE ORTHOPEDIC PARTNERS
AN RCM CLINIC

PARK CITY • HEBER CITY • SALT LAKE CITY

Patrick Olson, M.D.

**Wrist Arthroscopy
Post-Operative Protocol**

Days 0-14:	<ul style="list-style-type: none">• Placed in removable wrist brace; keep dressing clean and dry• Make a fist 5 times an hour while awake; finger motion (full extension and flexion) is important for all fingers.• If fingers are swollen, feel free to take off wrist brace and loosen dressings• Keep hand elevated above the level of your heart• May use hand for light activities of daily living, such as eating, writing, typing, getting dressed, and brushing teeth
Day 10-14:	Post-Op Appointment <ul style="list-style-type: none">• Post-operative dressings removed• X-rays are obtained to evaluate alignment• Stitches are absorbable and steri-strips left in place• Placed back in removable wrist brace
Weeks 2-4	<ul style="list-style-type: none">• Remove wrist brace 3 to 5 times a day for 10 minutes to work on gentle range of motion• No lifting/pushing/pulling more than 5 pounds• May get steri-strips wet, but do not soak (bath tub, swimming, hot tub, etc.) until steri strips fall off, or around the 4 week mark
Weeks 5-12	<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
3 Months:	<ul style="list-style-type: none">• Return to unrestricted activity