

TRAPIZIECTOMY THUMB ARTHROPLASTY



MAYO FOUNDATION FOR MEDICAL EDUCATION AND RESEARCH. ALL RIGHTS RESERVED

POST OPERATIVE INSTRUCTIONS **AND** **EXPECTATIONS:**

- 1. YOUR ARM AND HAND WILL BE IMMOBILE AND NUMB FOR AT LEAST 8-12 HOURS UNTIL THE BLOCK WEARS OFF.**
- 2. KEEP YOUR DRESSING CLEAN AND DRY. DO NOT REMOVE.**
- 3. APPLY ICE TO YOUR WRIST AT LEAST 3 TIMES DAILY FOR 20 MINUTES EACH TIME.**
- 4. YOUR FINGERS WILL BE STIFF, MOVE THEM AS MUCH AS POSSIBLE.**
- 5. EXPECT TO HAVE PAIN, TAKE YOUR MEDICATIONS AS NEEDED.**
- 6. YOU SHOULD HAVE YOUR FOLLOW UP APPOINTMENT IN 24-72 HOURS**