

0-2 Weeks

- Work on gentle finger and elbow motion
- Keep dressing clean and dry
- Elevate and ice
- NO lifting, pushing, or pulling

2-4 Weeks

- Surgical follow-up visit with attending surgeon
- Dr. Kandil removes post-op dressing – wound check
- Sutures removed
- No heavy lifting
- Begin Hand Therapy (optional)
- Wrist ROM, tendon and nerve glides, stretching exercises
- May get wound wet under running water. No submerging in water (no bath or swimming pool)
- No lotions or creams on wound until 6 week mark after surgery

4-8 Weeks

- Continue work with PT
- Ensure proper wound healing, scar mobility, AROM
- Instruct in scar management
- Begin desensitization as needed
- Work on full elbow ROM program
- No lotions or creams on wound until 6 week mark after surgery

8+ Weeks

- Return to full activities as tolerated without restrictions