

WHAT TO EXPECT AFTER WRIST ARTHROSCOPY

Dr. Erik Dorf

Wrist injuries can be complex, however, wrist arthroscopy is common to my practice and I have found the results to be consistent and reliable. Keep in mind that every person responds differently to surgery and treatment, and your recovery may vary from the below outline. Typical factors which influence the recovery process include:

- Your age and health.
- The severity of your fracture/nature of your injury
- The length of time between the injury and the surgery
- Your compliance with prescribed treatment and therapy



1. ***SURGERY DAY:*** After surgery, you will be placed in a short splint, covered by an ace wrap. Your elbow and fingers will move freely. You will keep this on until your first follow up visit, which occurs at two weeks. Please do not remove the splint or get it wet. You may use a kitchen garbage bag and tape to keep it dry in the shower/bathtub.
2. ***FIRST 48 HOURS AFTER SURGERY:*** You should try **to elevate your hand and wiggle your fingers** as much as possible. Ice can also be used to reduce inflammation. You will be provided with pain medication, which you can supplement with Tylenol or Ibuprofen.
3. ***FIRST TWO WEEKS:*** After surgery you should use your hand as much as possible for normal activities. **No heavy lifting.**
4. ***AT YOUR TWO WEEK POST OP OFFICE VISIT:*** We will place you into a wrist brace. We will discuss the timeframe for wearing the brace. You are again encouraged to use your hand as much as possible at this point. Again **no heavy lifting.**
5. ***SIX WEEKS AFTER SURGERY:*** We will see you back in our clinic for a repeat exam.
6. ***PHYSICAL THERAPY:*** If at any time during this treatment course it appears you will require **therapy** to help decrease swelling, or improve range of motion you will be provided with a prescription for therapy. Approximately half of our patients require some sort of therapy.
7. ***HOW LONG TO GET BETTER?*** **Most** people are **mostly** better by ten to twelve weeks after their surgery. You can typically return to all your normal activities at this time.
8. ***HOW LONG FOR FULL RECOVERY?*** It usually takes people **three to six months** before they can expect full improvement after having surgery, and you will likely continue to improve for up to two years.

Should you have any questions, please call any of our offices at the following numbers:

Edwards (970) 569-3240

Frisco (970) 668-3633

Vail (970) 476-7220