

Below is an example of a Post Operative Protocol that Dr. Culp uses with his WristMotion patients. It is provided for informational purposes only and does not constitute medical advice. Each patient is unique and deserves an individualized post operative plan based on the patient's specific prognosis. This information should not be relied on as a substitute for, or to replace, professional medical advice or treatment. Please note timing below varies per patient.

### **Guidelines:**

- Short arm splint with wrist in 10-15° of extension for 10-14 days Postop.
- AROM fingers/ thumb immediately Postop
- Sutures removed at 14 days Postop.
- Removable wrist splint anywhere from 10-14 days until 28 days Postop.
- OT for AROM beginning around 28 days Postop, followed by strengthening.
- Weight-bearing at around 2 Months Postop.
- Impact activities, return to all activities around 3 months Postop.

### **Medications and Diet:**

- Take pain medication as prescribed.
- Pain medication may be constipating, so eat high fiber foods such as fresh fruit and green vegetables.
- Resume your regular diet and regular medications.
- Drink plenty of water.

### **Special Instructions:**

- Elevate arm when sitting for meals on another chair.
- Use ice packs (keep dressing dry) continuously, while awake, during first 72 hours to prevent swelling and reduce pain.
- Do not get dressing wet. May shower if wrist and dressing is covered with plastic; do not let water run directly on affected wrist. If using tub, keep wrist out of tub up on side.
- Check dressing daily for new drainage.
- Begin moving wrist on own at 4 Weeks Postop.

### **Dressing and Sutures:**

- Keep your dressing clean and dry
- Maintain your Postop dressing until your follow-up appointment with surgeon.

### **When to call the doctor:**

- Chills or a fever of 101 or above.
- New or unusual drainage on your dressing.
- Redness, swelling, or drainage from your incisions.
- Swelling or pain in the wrist of the affected arm.
- Pain unrelieved by taking prescribed pain medicine or applying ice.

### **Additional Instructions:**

- No alcoholic beverages while taking pain medication.
- No driving or operating complex machinery until advised to do so by surgeon

**Please note:** This is a compilation of postoperative protocols provided by surgeons experienced with the WristMotion procedure and is provided for reference only. Postoperative protocol is always at the surgeons discretion.



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