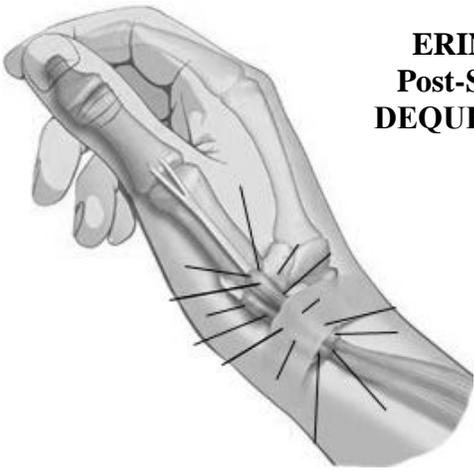


ERIN K. GREER, M.D.
Post-Surgical Information
DEQUERVAIN'S RELEASE



PROBLEM: The tendons that extend the thumb become swollen or inflamed where they cross the wrist through a sheath called the first dorsal compartment, which aligns the tendons along the bone.

PROCEDURE: The tendon sheath is released to eliminate restriction of the tendon gliding during thumb and wrist motion.

WHAT TO EXPECT: Most patients experience prompt elimination of the pain associated with tendon motion. Pain associated with the incision will be present but should resolve in time. Some swelling and lack of motion is common, but this generally improves with healing and exercise.

PAIN AFTER SURGERY: Local anesthetic is usually injected into the incision during surgery to minimize pain during the procedure and for a few hours afterward. Pain medication is prescribed for use as needed. Most patients require pain medication for only a few days after surgery. Soreness around the incision is typical and may last two to three months, although this usually resolves much sooner.

INCISION & DRESSINGS: A soft, sterile dressing and spint is placed around the hand and wrist at the end of the procedure. If the dressing is too tight, the outer elastic bandage should be unwrapped and rewrapped more loosely, leaving the deeper gauze intact. The entire dressing may be removed five days after surgery. The incision and a few sutures or skin tapes will be visible and should be kept clean until office follow-up. A Band-Aid may be used to cover the incision in the meantime. Light hand washing is fine after the first five days, but soaking or scrubbing should be avoided.

FOLLOW-UP AND RECOVERY: A follow-up visit for incision check and removal of any sutures should be scheduled within two weeks after surgery. Provided that healing is appropriate, no further appointments are typically needed. Soreness at the surgical site may require up to several weeks for resolution. Occasionally, numbness or tingling may be present adjacent to the incision due to irritation of local nerves; if present, this typically resolves within a few months. Persistent soreness, weakness, swelling, or stiffness may make treatment by a hand therapist necessary in a few patients.