CMC Excisional Arthroplasty Post-Operative Instructions
Fairview Southdale Hospital
Clare McCarthy, M.D.

PAIN

You have been given medicine to numb the surgical site. As this medicine wears off, you can take the pain pills prescribed for you. Keep your arm elevated above your heart for the first 24 to 48 hours following surgery to reduce swelling and pain. If your hand swells and is very painful, you can remove the Ace wrap, cut the gauze along the little finger to loosen the bandage, and rewrap the gauze with the Ace wrap. Your fingers will swell on your third post-operative day. This is normal. Elevate and move your fingers, and the swelling will resolve.

BANDAGE

Leave your bandage on and keep it clean and dry until you are seen in the clinic. If you take a shower, cover it with plastic wrap or a plastic bag.

ACTIVITIES

After your surgery, begin moving your fingers, but do not move your thumb. You may use your hand for light activities and driving while wearing the bandage. You may also return to work for light duty. Do not do any heavy lifting, pushing, or pulling with your hand.

FOLLOW-UP

You will need to come back for a checkup 10 to 14 days after your surgery. Call 612-455-2008 as soon as possible to make your appointment with Claire Joubert, PA–C. You can be seen at the Southdale Medical Center (6545 France Avenue South in Suite 160) on Tuesday or Thursday. Claire Joubert, my physician assistant, will examine your incision and take out your stitches. After that, you will need to wear the removable splint you will receive in the clinic. Your next appointment will be 4 weeks later with Dr. McCarthy.

Call Claire Joubert at 952-835-0750 between 8:30 a.m. and 5:00 p.m. if you have:

- A fever (101°F or higher)
- Redness, swelling, or draining at the surgical site
- Nausea, vomiting, or a rash from your medicine(s)
- Any questions, problems, or concerns

For emergencies after 5:00 p.m., call the on-call physician at 612-455-2008.