



# Trapeziectomy and CMC Arthroplasty

## Post-Operative Guidelines

- Your splint/dressing should remain on until your first postoperative visit which will be 8-14 days after surgery and will be on your discharge paperwork
- Your splint and sutures will be removed at the first postoperative visit, and you will be placed in a forearm-based thumb spica cast for 2-3 weeks
- Begin active finger range of motion immediately after surgery, except your thumb.
- After your cast is removed, a removable splint will be placed by your Hand Therapist; you will begin therapy for active and progressive passive motion and strengthening



**Please remember these outlines are *guidelines* only: Your care may differ from the typical outlines provided. Please talk to your surgeon or your surgeon's nurse or medical assistant if you have any questions about your post-operative care.**

If you have any questions, please call our office at 314-514-3500

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## Orthopedics

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