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.