

CMC arthroplasty

- CMC arthroplasty surgery typically takes 30-40 minutes to complete.
- Incision is closed with absorbable suture, skin glue, and Steri-Strips. That will be covered with gauze and waterproof dressing.
- You will be placed into a postoperative splint either removable (closed with Velcro straps) or nonremovable splint (covered with Ace bandage).
 - Removable wrist brace can be taken off for hygiene purposes of showering and hand hygiene and then placed back on immediately.
 - If nonremovable splint the splint will need to be covered with bag to be kept dry during showering.
- If in the case of a removable wrist brace: Please keep waterproof dressing on until 2 weeks postop. If the dressing does become loosened and starts to peel off of the skin, it can be removed leaving the glue and Steri-Strips in place and replacing the gauze with gauze and tape or a large Band-Aid.
- DO not put any alcohol, hydrogen peroxide, Neosporin, Aquaphor, or any other ointments to the incisional area. Only soap and water to the area.
- No heavy lifting. Lifting will begin at 6 weeks postop. Full weightbearing anticipated around 3 months postop.
- At 2-week postop visit if in a nonremovable splint this will be taken off and a removable wrist brace will be placed.
- Will begin occupational hand therapy at 4-week postop. We will start with active range of motion and progress per therapy protocol.
- At 6-week postop will discontinue splint and allow for active range of motion and light strengthening.
- At 3-month postop will allow for full weightbearing.

Narcotic policy:

1. Pain medications will be supplied for perioperative care from time of surgery and will determined by provider but will not exceed to 3 months.
2. Unless you are already a patient to an existing pain management contract, we require that you not receive any additional pain medications from any other providers. If you are in a pain contract you must reach out to the pain management doctor when planning surgical procedure.
3. Must receive prescriptions from only 1 pharmacy.
4. Understand that prescriptions lost, stolen, accidentally disposed of or consume before the appropriate date of refill will not be refilled.
5. We will not refill narcotic drugs after hours or on the weekend. No exceptions. Refill request will be processed Monday through Thursday 8 AM to 4 PM and Friday 8 AM to 2 PM.
6. Prescription refill request must be submitted either via phone or MyChart to your providers office. Refills may take up to 40 hours to be filled.