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Thumb Adductorplasty

10-14 days: The postoperative dressing is removed and sutures are removed. A light dressing and edema control are applied as needed.

Splint: A thumb spica splint with the wrist in 45 degrees of extension and thumb in neutral position is applied in clinic and then custom fabricated at OT appointment for constant use for first 5 weeks

Motion: No motion for first 3 weeks.

3-4 weeks:

Splint: Discontinue full time splinting and change to use at all times except bathing and doing exercises. Consider dynamic splinting if motion limited

Motion: May work on AROM in all planes

6 weeks:

Splint: Discontinue splint

Motion: Continue as above, but may begin loading and strengthening

Please call with questions or concerns at the phone number above.