

Wound Care Instructions CMC Arthroplasty

- A bulky dressing will be placed on your wrist/hand at the end of your surgery. There will be an incision at the base of the thumb approximately 6-8cm in length and another small incision 1cm in length on the back (dorsal) surface of your hand at the base of the index finger. The incisions will be closed with several sutures (stitches), black in color, which are not absorbable and need to be removed at your 2 week follow-up appointment. A thumb spica splint made of rigid fiberglass material will encircle the thumb and extend proximally up the arm across the wrist. An ACE wrap will cover the splint. Please leave your dressings/splint on for at least 72 hours after surgery and keep it clean and dry at all times.
- After 72 hours, you may remove your ACE wrap, splint, and gauze underneath the splint. It is okay to get your incision wet during brief showers using gentle fragrant-free soap to cleanse the skin. Do not attempt to grasp, pinch, pull, or move the thumb while bathing. Do not allow your incision to soak in bath water, hot tubs, lakes, ponds, etc. Allow your incision to dry thoroughly after bathing. You should then cover the incisions with non-stick sterile gauze (ie. Telfa gauze, which can be purchased at any pharmacy supply store), gently reapply the splint around your thumb, and wrap with an ACE bandage to cover the splint and hold it in place. You will be referred to a trained hand therapist following your first post-op visit who will make you a custom splint (orthotic) made of thermoplastic. You will need to wear the splint a total of 6 weeks post-op. You may bathe and change the dressings daily if desired. However, it is not necessary to change the dressings every day.
- If your job requires frequent use of the surgical hand, you will need to remain off work 6-12 weeks after surgery, depending upon specific job duties. Your return to work will be discussed with Adam Barnard, Dr. Wilson's physician assistant, at 2 weeks and 6 weeks post-op.

- Bruising on the forearm, wrist, and hand is common. If you have redness surrounding your incision or non-bloody drainage please contact our office at 270-417-4940.