



THE ORTHOPEDIC PARTNERS
AN RCM CLINIC

PARK CITY • HEBER CITY • SALT LAKE CITY

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**Scapholunate Ligament Repair
Post-Operative Protocol**

Days 0-14	<ul style="list-style-type: none">• Keep post-operative dressing in place• <u>Keep dressing clean and dry</u>• Keep hand elevated above the level of your heart• Make a fist 5 times an hour while awake; finger motion (full extension and flexion) is important for all fingers.• May use hand for light activities of daily living, such as eating, writing, typing, getting dressed, and brushing teeth (1-2 pounds)
Day 10-14 Post-Op Appointment	<p>Post-Op Appointment</p> <ul style="list-style-type: none">• Post-operative dressing removed• Stitches are absorbable and steri-strips left in place• Pins remain in place• Placed back in splint• <u>Keep clean and dry</u>; place bag over splint while showering
Week 6 - 8 Follow up Visit	<ul style="list-style-type: none">• Pins removed in office• Placed in a removable wrist brace to be worn full time<ul style="list-style-type: none">○ Take wrist brace off to shower and to work on gentle range of motion several times a day○ No axial loading (bench press, push ups, etc.)
Week 12 Follow up Visit	<ul style="list-style-type: none">• Discontinue use of wrist brace during daily activity<ul style="list-style-type: none">○ Wear brace only during sport related activity and heavy lifting• Continue to work on regaining full range of motion