



CLINIQUE
CHIRURGICALE
DE LAVAL

Post-operative advices : Wrist & Hand
Dr Sylvain Gagnon



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Splint

These types of procedure usually require a splint. You will be told if the splint needs to be removed before your post-operative appointment but, usually, splints are worn for about 2 weeks.

Bandages

If you are asked to remove the splint 1 week after your surgery, you will also be asked to remove the bandages. If they are glued, you can ease the removal by watering the bandages.

Shower

You may shower once the bandages and splint are taken off.

Stitches

The ones used are melting stitches.

Physiotherapy

According to the surgeon's instructions.

Exercises

According to your pain level, while wearing the splint or not.

Particularity

It is advised to maintain the operated area over shoulder level for 24 to 48 hours after the surgery.