

De Quervains 1st Extensor Compartment Release - Recovery Guide

Discharge

You will be discharged on the day of surgery.

Dressing

Your bandage dressings can be removed on day 1 after your operation. Leave the adhesive dressings intact until your review appointment at 2-3 weeks. The dressings are water resistant. Showering is fine but please keep your dressing relatively dry until your post op appointment.

Swelling

To help reduce swelling in your hand, it may be necessary to keep it elevated while you sleep for the first 24-48 hours.

If you notice redness around the wound or experience a fever, please contact our office immediately or see your local doctor. For after-hours concerns, you can also reach out to the hospital emergency department.

Pain Relief / Medications

In general you should take paracetamol regularly for the first 24 hours, followed by anti-inflammatories if required. Cease these medications as soon as the pain allows.

Dr Robinson recommends taking Vitamin C 1000-1500 mg daily from 2 days prior to surgery until at least 3 weeks post surgery.

Post-Operative Appointments

2-3 weeks: Your post op clinic review. A nurse will remove your dressing and review your wound.

Return to Work / Driving

A reasonable goal for returning to office work is within 1 week. For more physically demanding jobs, the target is typically 3-4 weeks. Driving can usually be resumed the day after surgery.

Return to Activities guide

Running: within 1 week
Swimming: once your wound has healed
Tennis: 6 weeks
Golf: 6 weeks