



TUAN A. TRAN M.D., M.B.A, F.A.C.S.

Diplomate American Board of Plastic Surgery, Diplomate American Board of Surgery

General Surgery, Reconstructive Surgery, Aesthetic Surgery, Plastic and Hand Surgery

Radial Styloid Tenosynovitis

(De Quervain's Tenosynovitis)

Post-Operative Instructions

Self-Care after Surgery

Once patients are back home after De Quervain's tenosynovitis and the local anesthesia begins to wear off, they will notice pain and swelling in the thumb and wrist, and possibly also numbness and tingling at the incision site.

There are several measures patients can take to alleviate pain and swelling as healing begins:

- Keeping the affected hand immobile and elevated whenever possible for the first 2 or 3 days. When sitting or lying down, the hand and wrist can be propped up on a pillow.
- Using ice therapy every 1 to 2 hours during daytime for the first 3 days. Sessions should last no more than 10 to 15 minutes each.
- Avoiding use of the hand or wrist for activities that could strain the surgical site for 1 to 2 weeks, including lifting anything heavier than 2lbs, typing, doing household chores, or cooking. Most patients will wear a hand and wrist splint for the first 2 weeks.
- Taking pain medications as directed by Dr. Tran. Patients may receive a short-term prescription for an opioid (narcotic) pain reliever, which carries risks for side effects and dependency and needs to be taken only as directed. Once they are no longer using the opioid, patients can switch to over-the-counter pain relievers such as non-steroid anti-inflammatory drugs (NSAIDs), including ibuprofen or naproxen.

Possible Problems/Emergency

If you develop any symptoms such as fevers with temperature greater than 101.5 F, chills, persistent nausea and vomiting, inability to urinate, severe pain not controlled with medications, new or different colored drainage from your surgical incision, or for any acute problems or illnesses, please contact our office at 714-839-8000 between the hours of 9AM-6PM Monday-Thursday and 9AM-1PM on Friday; or you may reach us at 714-860-3588 after hours.

If you are unable to reach your surgeon or a member of his staff, go to the Emergency Room closest to you.

References:

Sports-health. (2017). *Recovering from De Quervain's tenosynovitis surgery*. Retrieved from <https://www.sports-health.com/treatment/hand-and-wrist-injury-treatment/recovering-de-quervains-tenosynovitis-surgery>