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Hand Surgery

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Practice Administrator

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Foster Matchett, M.D.  
(1902 - 1979)

Charles Brown, M.D.  
(1917 - 2005)

Fred F. Teal, M.D.  
Retired

Theodore J. Clarke, M.D.  
Emeritus

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## DeQuervains Release

### Day 3 -5

Remove surgical dressing if patient has not already done so.

Inspect wound

Instruct on wound care. Patient may shower or wash but not soak hand in water.

Patient may begin light activity with the hand and begin gentle ROM activities.

No splint is required but the patient is instructed to call if they feel any snapping.

Should this occur a wrist neutral splint is initiated for 2 weeks.

### Week 2

ROM activities continue if needed and strengthening begins.

Instruct on scar massage, desensitization, edema control if needed

Goal is full motion and 80% grip strength by 6 weeks