



JOHN C. BERSCHBACK, MD
Hand & Orthopedic Surgery

1200 OAKLEAF WAY STE A
ALTOONA WI 54720
TEL 715.832.1400

757 LAKELAND DR. STE B
CHIPPEWA FALLS WI 54729
TEL 715.723.8514

DEQUERVAIN'S TENDONITIS **POST-SURGICAL FAQ'S**

When do I see Dr. Berschback after surgery?

You will return to see Dr. Berschback for your post-op visit about 10-14 days after surgery.

When can I use my hand?

You will be able to begin using your hands for light activities usually the night of surgery. You will have a soft bandage on the hand that leaves your fingers and wrist free to move. You can perform simple functions such as feeding yourself, brushing your teeth, carrying a cup of coffee, etc. and continue to increase those as tolerated.

How do I care for my dressings?

You will have a soft bandage (not containing any hard cast material) after surgery. This should not get wet. You will be able to remove this on your own 2 days after surgery. The sticky band-aids can stay on your skin until they fall off or until you see Dr. Berschback. If they fall off within 1 week after your surgery date, please keep the incision covered with a band-aid.

When may I shower or bathe?

You may begin to shower or bathe as soon as you like. If the original surgical dressing is still on, take care not to get it wet. Two days after surgery, please remove your soft dressing. You may wash your incision in the shower, however, do not submerge the incision underwater for an extended period of time, such as in a pool or hot tub.

When do the stitches come out?

Typically, Dr. Berschback uses dissolvable stitches that are under the skin and do not require to be removed. In some cases that external stitches are necessary, they will be removed at your post-op visit 10-14 days after surgery.

What if my pain medication causes itching or nausea?

It is not uncommon for pain medications to cause these two side effects. If you experience itching you may take Claritin or Benadryl to help with this. Remember to take your pain medication with food. You should try to take anti-inflammatory medication first (such as Aleve, Advil, Motrin, etc.), and then take the narcotic pain medication if you are still having pain.

What about swelling?

Swelling is quite common following these procedures. Do your best to keep the hand elevated above the level of your heart. Moving the fingers to open and close into a tight fist is also encouraged. Taking ibuprofen (Advil, Motrin) will help with swelling (note: do NOT take acetaminophen/ Tylenol in addition to your narcotic pain medication because the narcotic pain medication also has Tylenol in it. You may take 1 or the other, but not both).

When may I drive?

You may begin driving again when you feel comfortable behind the wheel AND you are no longer taking any of the narcotic pain medications. If you would feel comfortable driving next to yourself on the road, it is probably safe for you return to this activity.

When can I go back to work?

It depends on the type of work you do. Those with jobs that are more sedentary and do not require heavy loads on the hands are sometimes able to start returning to their duties within 2-3 days. Jobs that involve extensive heavy lifting and strain on the hands may take 3-4 weeks before they are able to return to work functions more normally. This is something quite unique to every patient's situation and can be discussed more specifically with Dr. Berschback at your office visit.