



## Suspensionplasty Protocol

### What to expect?

Thumb Splint	When can I go home?	What can I do?	What can't I do?
8 weeks	Same day as surgery	Finger movements (not thumb)	No forced movements or heavy lifting (only weight of a tea cup)

### Plan for review appointments?

If something feels wrong	2 weeks	3 months
Call the office in business hours; GP/local emergency department if after hours	Wound check and change of dressings	Review to see how you're progressing

### Notes to Hand Therapist

Thermoplastic splint from 2-8 weeks  
 Scar management from 2 weeks  
 Keep fingers mobile  
 Can start active and passive gentle ROM of the thumb from 2 weeks  
Avoid thumb opposition for 8 weeks (this can stretch out the suspensionplasty)  
 Start strengthening after 8 weeks

### Returning to occupational and recreational activities?

Driving 2 weeks  
 Light work 2 weeks  
 Heavy work 4-6 months  
 Swim 4 weeks  
 Tennis 4-6 months  
 Golf 4-6 months