

## De Quervain's Release

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De Quervain's Tenosynovitis is manifested as pain in line with the thumb about a centimeter proximal to the wrist crease. It is usually extremely painful. I can't remember ever curing this with an injection or splinting. The surgery is easily done under local anesthetic in the office. Office procedures save money by avoiding costly hospital copayments. No therapy or cast is needed after the procedure. It takes about 5 to 10 minutes.

### Post operative instructions

I hope your procedure was not too traumatic! Here are some tips to help you recover well:

1. Keep elevated as much as possible for a couple of days.
2. If you are allowed to take Advil (ibuprofen over the counter) then take 4 pills every 8 hours for 48 hours starting upon arrival at home even if you aren't hurting.
3. Return to work when you feel comfortable knowing that you need to take it easy on this wrist for a week or so.
4. You may Tylenol ES 2 pills every 6 hours for pain even though you are taking Advil.
5. You may or may not have a follow up appointment.

**Thanks for letting me take care of you!**

Stephen G. Littlejohn, M.D.