

PALMAR DIGITAL NEURECTOMY AFTERCARE

- Bandage for 2 weeks
- Butorphanol – 2 gm daily for 5 days then 1 gm SID for 5 days
- Important to minimize movement and inflammation at surgery site
- Scar tissue
- Staple removal at 2 weeks
 - 6 mg triamcinolone at proximal nerve stump SQ
 - Decreases post-op painful neuromas
 - Rebandage for 2 more weeks
- 30 days stall rest
- 30 days small area
- Then gradual return to normal activity