

Hand therapy advice following trapeziectomy surgery for thumb base arthritis

i Important information for
patients following
trapeziectomy surgery.

About this booklet

This booklet provides you with some useful advice and guidance on what to do after your trapeziectomy surgery for your thumb base arthritis. All information provided in this booklet is for guidance only. It does not replace any information or advice we may give you in person.

Hand therapy advice

Hand therapy is vital to help you regain function of your hand. You will be given an appointment to attend the clinic 10-16 days after your surgery. At this appointment your dressing will be removed by a nurse and reapplied. The hand therapist will review your hand and give you an exercise programme to begin moving your hand. You will also be provided with a splint.

Do **not**:

- Move your thumb across your palm for the first four weeks after your operation.

Advice on your splint:

- It is to be worn all day and night, except for performing hand hygiene and the exercises detailed in this booklet.
- When the splint is removed for hand hygiene and exercises, please do not let your thumb come across the palm of your hand
- You must monitor your hand for changes in colour or sensation when wearing the splint. If this happens, try loosening off the Velcro straps. If this doesn't work, stop using your splint and contact your hand therapist.
- Remember to bring your splint with you to each hand therapy appointment.

Scar care:

Once the stitches have been removed and your scar has healed you can start massaging the area to reduce any tightness and thickening. Use an non-perfumed cream such as E45 or Nivea and rub in a circular motion over the scar. Do this for about five minutes and aim for five times each day. It is the massage of the underlying scar tissue which reduces the scarring not the cream itself. Once your wound has healed and the stitches have been removed, you can bathe or shower as normal, but please do not allow the thumb to come across the palm of your hand.

You will be referred to your local hospital or health centre for ongoing hand therapy. If you do not hear from them, or you have any questions or concerns regarding your splint or physiotherapy exercises, please contact the Rehabilitation Department at the Golden Jubilee National University Hospital on 0141 951 5121 and ask for Physiotherapy.

General advice

- You may need to take simple painkillers like paracetamol and ibuprofen to help manage the pain.
- Returning to work will depend on your occupation and you should discuss this with your surgeon. As a general guide, you should expect to return to work:
 - Four to six weeks for supervisory or managerial work.
 - Six to 12 weeks for light manual work (e.g. clerical).
 - 12 to 16 weeks for medium manual work (e.g. nursing).
 - Four to six months for heavy manual work (e.g. labourer).
- It will be at least eight to 12 weeks before you can consider driving. You may start driving again when you have regained a full range of finger movements and have the power to control a motor vehicle.

Hand therapy exercises

Perform the full set of exercises between four and six times a day.



Exercise 1:

Do this with your splint **on**. Spread your fingers apart as wide as you can and then bring them back together. Repeat **10** times.



Exercise 2:

Do this with your splint **on**. Bend the tip of your thumb as much as able, then straighten it. Repeat **10** times.



Exercise 3:

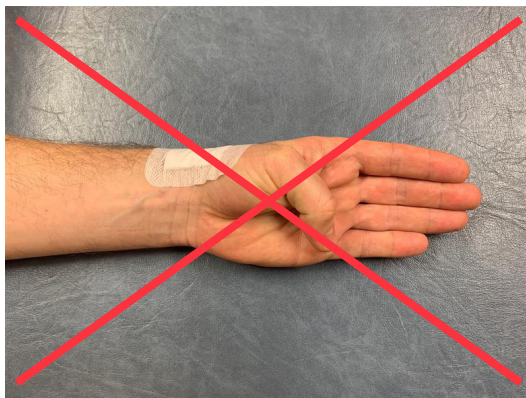
Do this with your splint **off** (making sure to keep your thumb away from the palm of your hand). Resting your forearm on a table or work-surface, slowly lift your wrist upwards as far as able, then relax downwards. Repeat **10** times.

Hand therapy exercises continued



Exercise 4:

Do this with your splint **off**. Placing your palm face down on a table or work-surface, slide your thumb outwards, away from your hand as far as able. Relax back to your starting point. Repeat **10** times.



Do not move your thumb across the palm of your hand for the first four weeks after surgery.

Further information

If you have any questions or concerns, please email handsurgery@gjnh.scot.nhs.uk or contact the orthopaedic clinic during office hours on 0141 951 5553. For out of hours, you should contact the Senior Nurse via the switchboard on 0141 951 5000.

Notes

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Notes

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

All of our publications are available in different languages, larger print, braille (English only), audio tape or another format of your choice.

我們所有的印刷品均有不同語言版本、大字體版本、盲文（僅有英文）、錄音帶版本或你想要的另外形式供選擇。

كافة مطبوعاتنا متاحة بلغات مختلفة و بالأحرف الطباعة الكبيرة و بطريقة بريل الخاصة بالمكفوفين (باللغة الإنكليزية فقط) و على شريط كاسيت سمعي أو بصيغة بديلة حسب خيارك.

Tha gach sgrìobhainn againn rim faotainn ann an diofar chànanan, clò nas motha, Braille (Beurla a-mhàin), teip clàistinn no riochd eile a tha sibh airson a thaghadh.

हमारे सब प्रकाशन अनेक भाषाओं, बड़े अक्षरों की छपाई, ब्रेल (केवल अंग्रेज़ी), सुनने वाली कसेट या आपकी पसंदनुसार किसी अन्य फॉरमेट (आरूप) में भी उपलब्ध हैं।

我們所有的印刷品均有不同語言版本、大字体版本、盲文（仅有英文）、录音带版本或你想要的另外形式供选择。

ਸਾਡੇ ਸਾਰੇ ਪਰਚੇ ਅਤੇ ਕਿਤਾਬਚੇ ਵਗ਼ੈਰਾ ਵੱਖ ਵੱਖ ਭਾਸ਼ਾਵਾਂ ਵਿਚ, ਵੱਡੇ ਅੱਖਰਾਂ ਅਤੇ ਬ੍ਰੇਲ (ਸਿਰਫ਼ ਅੰਗਰੇਜ਼ੀ) ਵਿਚ, ਆਡੀਓ ਟੇਪ 'ਤੇ ਜਾਂ ਤੁਹਾਡੀ ਮਰਜ਼ੀ ਅਨੁਸਾਰ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ ਵੀ ਮਿਲ ਸਕਦੇ ਹਨ।

ہماری تمام مطبوعات مختلف زبانوں، بڑے حروف کی چھپائی، بریل (صرف انگریزی)، سننے والی کسٹ یا آپ کی پسند کے مطابق کسی دیگر صورت (فارمیٹ) میں بھی دستیاب ہیں۔

☎: 0141 951 5513

Please call the above number if you require this publication in an alternative format

