

Information for patients and carers

TRAPEZIECTOMY SURGERY

Swelling Management

- It is normal to have swelling after your surgery.
- It is important to keep your fingers moving fully e.g. making a full fist.
- Keep your arm elevated above the level of your heart when resting in the first few weeks after surgery.
- Do not hang your arm down by your side for long periods.



Wound and Scar Management

- A light dressing will be put on your wound, keep the dressing **clean** and **dry**.
- Once your wound is fully healed your hand therapist will advise on how to massage and moisturise your scar.
- Once your wound has fully healed keep your hand clean by washing it in running cool water, do not soak your hand. Pat dry with a clean towel or kitchen roll.
- If your thumb/ hand becomes red, or you have increased pain or discharge from your wound please contact the hand therapy team or A and E immediately.

Splint

- You will be provided with a splint to protect your thumb and in some cases your wrist will be included in the splint.
- Wear the splint at all times and remove for hand hygiene and for the exercises given by your hand therapist.
- The splint will be worn for at least 4 weeks and then will be worn for a further 2 weeks at night.
- You must not drive with the splint on.
- Your hand can be used for light use and the exercises given by the hand therapist.

Care of your splint:

- ✓ Wash in soap and lukewarm water and rinse.
- ✓ Baby wipes can be used to clean and freshen up the splint.

DO NOT

- X Leave in sunlight, near direct heat or a naked flame X Place in hot water
- X Adjust the splint yourself.

Exercises

It is normal to feel a stretch when doing the exercises but they shouldn't be painful. People progress with the exercises at different rates and the exercises below are a guide, your therapist will advise you on the exercises you need to do.

Exercises from 2 weeks post operation:



Hold your thumb under the top joint.

Gently bend and straighten the top joint of your thumb.

Repeat.....timestimes a day.



Touch the fingertips of the index and then the middle finger with the tip of your thumb.

Repeat.....timestimes a day.



With your forearm supported on a table.

Move the wrist towards your thumb and then towards your little finger

Repeat.....times.....times a day.



With your forearm supported on a table.

Lift your wrist up and down, do some with your fingers straight and some with your fingers bent.

Repeat.....times.....times a day.



With your forearm supported on a table and elbow tucked into your side.

Turn your palm up and down keeping your elbow still.

Repeat.....times.....times a day.

Exercises from 4 weeks post operation



Place your unaffected thumb in your palm as shown in the picture.

Bend your operated thumb into your palm over your non operated thumb.

Repeat.....times.....times a day.



With your thumb touch each fingertip.

Repeat.....times.....times a day.



Place the palm of your hand on a table.

Move your thumb away from your index finger and back in again.

Repeat.....times.....times a day.

Exercises from 6 weeks post



Move your thumb across your palm to touch the base of the little finger

Repeattimes..... times a day.



Place the palm of your hand on a table.

Move the thumb away from the index finger.

Push into your non operated thumb with your operated thumb.

Hold forseconds times.....times.....a day.

Please contact the hand therapy department if:

- You experience a rash, redness, rubbing or irritation of your skin from the splint.
- You experience an increase in pain or pins and needles or numbness
- You experience large amounts of swelling or sweating in the splint.
- Your splint breaks or feels too tight or loose.
- You have any concerns regarding your wound.

Contact details: Hand Therapy Team Harrogate District Hospital 01423 /553404 553460