

Implant performance and expectations

The implant is used instead of the more commonly performed trapeziectomy as discussed with the surgeon.

There is limited data regarding the long-term survivorship of the implant, with concerns regarding implant failure resulting in pain and dysfunction which may require further surgery.

The implant offers a quicker rehabilitation and improved pinch strength if successful.

Follow-up clinics will be completed to ensure your progress and if you have any questions or concerns

Dressing Clinic: 0151 430 1501

Secretary: 0151 430 1548

Sanderson Suite 01744 646089

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
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St Helens and Knowsley
Teaching Hospitals
NHS Trust

Discharge advice for patients following base of thumb replacement

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

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Orthopaedic hand and wrist surgery

Dressings

Keep the dressing and plaster slab clean, **dry** and undisturbed until your dressing clinic appointment. If necessary, please take your painkillers at least 45 minutes before your clinic appointment to help with pain relief during the change of dressing.

Exercises

It is **very important** that you perform any exercises given to you by a therapist **as you were shown**.

- Bend and straighten your elbow and move your arm forwards and to the side at the shoulder 3 times every hour to prevent stiffness.
- Use your affected hand(s) to do light activities for example getting dressed, reading, picking up lightweight objects; **do not** use your hand for any heavy or dirty activities for example gardening, cleaning floors and manual work.

Do not drive. Seek advice about when to commence driving at your clinic appointment.

To aid your comfort, keep your hand(s) or arm(s) raised on a pillow when sitting or lying down and elevated above your heart level when walking around. This will help:

- Blood flow to your hands and arms
- Prevent swelling
- Help with pain relief.

If you have been given a splint to wear by the Occupational Therapist, **it is very important** that you carry on wearing it as you were shown.

It will help you in the future with your hand movements.

Problems

Please contact the ward where you were admitted should you have any of the following problems:

- Very swollen hand(s)
- Pain that is not relieved by taking your pain killers
- Worsening pins and needles or numbness in your hand(s)
- Bleeding that will not stop after applying gentle pressure
- Any redness on your skin which feels hot to the touch and goes past the end of the dressing
- You feel generally unwell
- Have a green/brown smelly discharge coming through the dressing.

Dressing clinic

You will be given an appointment to attend hand clinic. **It is very important you keep this appointment.** The telephone number for appointments is: **0151 430 1234**

Please contact the clinic straight away if you will not be able to keep your appointment. If an ambulance has been arranged for you to return to the dressing clinic, **please be ready 2 hours before** your appointment time. This is because ambulances sometimes collect patients early and cannot wait for you to get ready.

Recovery Timeline

- **2 weeks** - Removal of sutures and thermoplastic splint to commence gentle active mobilisation
- **4 weeks** - Thermoplastic splint at night and heavy activity only
- **8 weeks** - Resistance activity with soft splint but avoid repeated forceful movements/manual work/sports
- **6 months** - Clinic assessment
- **12 months** - Clinic annual assessment for 5years