

## INFORMATION FOR PATIENTS

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# Trapeziectomy

## Post-operative hand therapy

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### What is a trapeziectomy?

This operation involves removing a bone at the base of the thumb called the trapezium. This can be affected by arthritis causing pain, stiffness and deformity resulting in difficulty pinching and grasping.

The operation aims to reduce pain and improve the movement and use of the thumb.

### How long will it take to heal?

#### 0-2 weeks

After the operation your thumb will be in a bulky plaster to rest for two weeks.

#### 2-6 weeks

You will be seen in Hand Therapy at two weeks for removal of this dressing and a custom-made splint will be provided to support and protect the base of thumb.

This is worn all the time for two weeks.

#### 4-6 weeks

You can remove your splint for gentle movement exercises to be shown by your therapist at 4 weeks 4 times a day but continue splint wear full time until 6 weeks.



*Long thumb spica splint*

#### 6-8 weeks

You will be guided by your therapist regarding the use of a soft splint during activity and appropriate exercises to improve your movement and stability.

## **8-12 weeks**

Your movement will continue to improve, and your strength returns in pinch and grip over several months.

Your therapist will discuss ways of protecting your thumb (called joint protection techniques) and alternative ways of carrying out activities you need to do.

If you require more rehabilitation and help to return to work your therapist can assist and plan this with you.

**The initial recovery period from this surgery is 7- 9months. Further strengthening can take up to 12 months.**

### **Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### **Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet (if relevant) please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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