

**Plastic Surgery
Wexham Park and Heatherwood Hospitals**

Trapeziectomy with Sling Procedure

What is Trapeziectomy with sling procedure?

It is an operation to relieve pain due to arthritis of the base of the thumb. The operation involves removal of Trapezium bone in the wrist which rubs against the thumb bone (metacarpal). The thumb bone is then stabilised using part of one of the wrist tendons.

What are the benefits of an operation?

To reduce pain and improve function in the hand.

What would happen if I did not have an operation?

Stiffness and pain in the joint can continue and may affect daily activities.

What are the risks?

Pain, bleeding and infection are early risks with any surgery but are easily dealt with. Some patients may experience stiffness and scar hypersensitivity. Complex regional pain syndrome is an uncommon but distressing condition that can occur after any hand injury or operation. The physiotherapist plays a major role in alleviating these complications.

Are there any alternatives?

Rest and splinting, pain relieving ointments and tablets, steroid injection into the joint and a program of exercises can improve the situation. These are usually tried before opting for surgery.

How long will I be in hospital?

Most patients are in for a day. You may be put to sleep (general anaesthetic) or your hand/arm may be numbed by an injection which is given under the armpit. In this case the whole arm may be numb and floppy up to 6 hrs and sometimes even longer. If you had a drain (small tube to prevent blood collecting inside wound) this will be removed before you go home.

What happens before the operation?

The operation will be discussed with you by a doctor, who will mark the correct site and you will be asked to sign a consent form. You may also see the anaesthetist before you go to theatre to discuss the anaesthetic.

You will be allocated a bed on a ward and taken to theatre from the ward.

What happens after the operation?

Your hand will be bandaged with the thumb supported in a temporary plaster. You will be given a sling to wear to keep your hand raised and prevent too much swelling and pain. The sling should be worn for one to two weeks following the procedure to reduce hand swelling and discomfort. You will be given an appointment to attend the Plastic Dressings Clinic one week after your operation where the dressings will be removed, stitches removed at two weeks, and a new splint will be made. During your visit you will also see the Hand Therapists who will arrange future Hand Therapy appointments.

What activities will I be able to do afterwards?

As your hand will be in a splint, which will limit the movements in that hand, the activities you can do involving that hand will be reduced.

How much pain can I expect?

Some patients experience considerable discomfort and others experience very little. You will be given pain killers after the operation which you should take regularly.

Can I eat and drink normally after the operation?

If you have had a local anaesthetic, which numbs your arm only, you can eat and drink as normal. If you have been put to sleep, the nurse will ensure you are fully awake before giving you any drinks or food.

When will I be able to drive?

You will be unable to drive for about six weeks as you will be wearing a splint.

When can I return to work?

Depending on what type of work you do, you will be limited to working with one hand for about six weeks.

When should I seek help?

You should seek advice if the pain increases or your fingers become more swollen, despite you having worn your splint and taken your tablets.

During the first 24 hours after surgery ring the unit where you were treated, see below for contact details. After 24 hours, ring the Dressings Clinic (Mon – Fri, 8:00 am – 3:30 pm). Telephone number: 01753 633031

Heatherwood	Day Surgery Unit: 01344 877141 open 8am-6pm
Wexham Park	Day Surgery Unit: 01753 634570 open 8am-6pm

Advice about your wound	<ul style="list-style-type: none"> • Practice nurse at your GP surgery • Urgent Care Centre Bracknell Brants Bridge, off London Road, Bracknell RG12 9BG Tel: 01344 551100. Open 8am – 8pm daily • NHS Walk-In Centre Slough Upton Hospital, Albert Street, Slough SL1 2BJ Tel: 01753 635505 Monday-Friday 7am-10pm Weekends 9am-5pm • Urgent Care Centre, Maidenhead Outpatients Department, St Marks Hospital, Maidenhead SL6 6DU Tel. 0300 024 2000. Monday-Friday 8.30am – 5.00pm, Weekends and public holidays 9.00am – 1.00pm
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Advice about painkillers	Visit your local pharmacist
General health enquiries	Ring NHS 111 (24 hours)
Urgent or severe problems	Call your GP or go to your local A+E

For a translation of this leaflet or for accessing this information in another format:



Please contact (PALS) the Patient Advice and Liaison Service on:
Telephone: 01753 633365
or
Email: palswexhampark@fhft.nhs.uk

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Legal Notice

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