

## De Quervain's surgery

The underlying cause of de Quervain's tenosynovitis is trapped tendons in the wrist. This results in pain and swelling on the thumb side of the wrist.

### The operation

This takes about 15 minutes and involves decompression and release of these tendons in the tunnel to relieve symptoms usually under a local anaesthetic which is injected into the wrist and may sting for a short while.

- At the end of the operation, the small incision will be sutured with dissolving stitches, a further anaesthetic inserted and a dressing applied.
- The local anaesthetic will prevent any post-operative pain, but the hand and fingers may remain numb for more than 6 hours after the surgery. Before this effect wears off you should take the painkillers that are prescribed for 24 to 48 hours.

### Important points to remember

#### Following the operation

- Keep the hand elevated at all times for the first 48 hours to prevent swelling and stiffness of the fingers. Please remember not to walk with your hand dangling, or to sit with your hand held in your lap.
- Continue to exercise the hand and keep your fingers moving regularly.
- You will be discharged with a large, bulky bandage which you can remove after 48 to 72 hours, if you feel comfortable.
- Keep it clean and dry for 8 days.
- You will be reviewed at approximately 14 days after the operation.

#### After the stitches dissolve

- You will have a scar on your wrist. This will be firm to touch and possibly tender for 6 to 8 weeks. This can be helped by massaging the scar firmly with E45, baby oil or bio-oil, for example. Massaging the scar will also help to desensitise the area. If you have any problems with scar massage, normal function or rehabilitation please contact the physiotherapy department and make an appointment with the hand therapist.

#### Return to work

- Return to work will depend on your occupation and should be discussed with the consultant or hand therapist.



If you have any questions, please contact the One Orthopaedics office:

Mr Hearnden's secretary by phone 01483 506729 or email [ajh@oneorth.co.uk](mailto:ajh@oneorth.co.uk)  
Mr Logan's secretary by phone 01483 938755 or email [jsl@oneorth.co.uk](mailto:jsl@oneorth.co.uk)

For urgent issues, or out of office hours, please contact the hospital where you had your procedure.