



Post operative advice for patients having trapezial surgery

There are three important pieces of advice that I will have given you before surgery and reinforced after surgery. Hopefully this aid memoir will help:

1 Analgesia

You must take regular analgesia for 2 to 5 days starting before the regional block wears off and not stopping until you are confident that your hand is comfortable. If you don't take the pain killers and your thumb becomes painful it will be very hard to get on top of the discomfort. For some people this can be quite a sore operation.

2 Elevation

It is most important to keep your arm above the level of your heart for the first 48 to 72 hours and we will give you a sling to assist this. By keeping your arm elevated it will reduce bruising, bleeding and swelling and therefore reduce pain. If your hand drops down and swells, it will become painful and throb.

3 Movement

It is important to keep your hand moving. It will be in a well-padded bandage with a brace leaving the tip of the thumb and the fingers free. You must mobilise these straight away. Keep the fingers moving to make a full roll up as soon as you can. This will help pump the fluid away, stop the swelling and help reduce pain.

With the above three pieces of advice, you should have a comfortable post-operative journey.

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
Mr Logan's secretary by phone 01483 938755 or email jsl@oneorth.co.uk

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