

HAND SURGERY

Trigger Finger Often caused by repeatedly grasping, this type of tenosynovitis occurs in a finger or thumb. The swollen tendon can't slide through its tendon sheath, and the tendon "locks" with the finger or thumb in a bent position. Symptoms can include popping or catching when the finger moves.

Surgery Release involves cutting a small piece of the tendon sheath to enlarge space and release the swollen tendon.

DeQuervain's Tenosynovitis Caused by repetitive motion, injury or age. Similar to trigger finger, but only affects the thumb. The tendon either becomes inflamed or its sheath becomes too tight. Symptoms can include a "knot" on the wrist near the thumb and pain with use of the thumb. Most pain is felt at the base of the thumb near the wrist

Surgery Release involves cutting the affected tendon sheath to allow more space for the pinched tendon.

Ganglion Cyst May be caused by an injury to the hand. Ganglion cysts are firm, fluid-filled lumps. They are often found on the back of the hand. Symptoms can include pain, and/or difficult motion of the hand or wrist.

Surgical Excision involves making an incision to remove the cyst. A ganglion cyst sometimes reappears after it has been surgically removed.

Carpal Metacarpal Arthritis of the Thumb The carpal metacarpal (CMC) joint in the lower part of the thumb is commonly affected by arthritis. The joint becomes inflamed and slowly wears out. Symptoms can include pain with pinching and grasping, and limited function.

Surgery for CMC Arthritis of the Thumb involves removing the diseased joint, and replacing it with a tendon from the wrist.

Help Your Hand Heal

- To reduce swelling and pain, keep your hand elevated above heart level for the first several days after surgery.
- To prevent infection and speed healing, keep your cast and bandages dry. Your physician will usually remove your bandages within 2 weeks after surgery.

Hand Exercise Your physician may recommend hand exercises. These exercises may be done under the guidance of a hand therapist. The exercises strengthen your hand, help you regain flexibility, and restore proper function.