

If you have any other problems/queries please contact:

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On..... Ext.....

Or answerphone 01522 572378

Occupational Therapists work with people of all ages, helping them to carry out the activities they need to do in order to lead healthy and fulfilling lives.



References

If you require a full list of references for this leaflet please email patient.information@ulh.nhs.uk

The Trust endeavours to ensure that the information given here is accurate and impartial.



If you require this information in another language, large print, audio (CD or tape) or braille please email the Patient Information team at patient.information@ulh.nhs.uk

Trapeziectomy

Occupational Therapy department

www.ulh.nhs.uk

Trapeziectomy

The procedures used by the surgeon can vary and this may influence the recovery process. The advice provided in this leaflet is a general guide and may be adjusted by the therapist as required.

This leaflet contains information about the recovery process following surgery and your treatment.

Your treatment may include the following:

- Provision of a splint to help protect your wrist whilst it is healing
- Scar management
- Advice on exercises to regain function
- Advice on pain management
- Advice on the management of swelling
- Advice about returning to activities
- Advice on returning to work
- Advice on returning to driving

We expect that some people may experience some pain and swelling during the course of their recovery.

0-4 weeks

- Immobilised in a cast

4-6 weeks

- Provision of removable splint to wear day and night
- Carry out gentle wrist and thumb exercises out of splint
- Commence light daily activities as advised by your therapist e.g. dusting, turning page in a book
- Remember to move your elbow and shoulder as well

Additional Advice

6-8 weeks

- Gradually reduce the use of your splint during the day, continue to wear at night and in vulnerable situations e.g. on the bus
- Continue with your exercise programme and avoid heavy activities

Additional Advice

8-10 weeks

- Discontinue splint as pain allows, but it may be worn for heavy activities
- Begin strengthening exercises as advised by your therapist
- Start activities that require more strength e.g. writing, sewing

Additional Advice

10-12 weeks

- Start grip strengthening exercise
- Gradually introduce heavier activities such as ironing and lifting the kettle

Additional Advice.....

Driving

Driving is generally not advised until 8 -12 weeks after surgery and is when you feel able to control your vehicle safely. You may need to discuss this with your surgeon.

Additional advice