

### Further information

If you require any further information after reading this leaflet, please contact:

Occupational Therapy Outpatients Service  
Warwick Hospital  
Lakin Road  
Warwick  
CV34 5BW

Tel no: 01926 495321 Ext 4672

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### References

["BodyParts3D, © The Database Center for Life Science licensed under CC Attribution-Share Alike 2.1 Japan."](#)

#### Equality Statement

At South Warwickshire NHS Foundation Trust we are fully committed to quality and diversity, both as an employer and as a service provider. We have a policy statement in our Equality Strategy that clearly outlines our commitment to equality for service users, patients and staff:

- You and your family have the right to be treated fairly and be routinely involved in decisions about your treatment and care. You can expect to be treated with dignity and respect. You will not be discriminated against on any grounds including age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex or sexual orientation
- You have a responsibility to treat other service users, patients and or staff with dignity and respect

Our information for patients can also be made available in other languages, Braille, audio tape, disc or in large print.

#### PALS

We offer a Patient Advice Liaison Service (PALS). This is a confidential service for families to help with any questions or concerns about local health services.

You can contact the service by the direct telephone line on 01926 600054, by email: [Pals@swft.nhs.uk](mailto:Pals@swft.nhs.uk) or by calling in person to the PALS office which is located in the Lakin Road entrance to the hospital.

**Catalogue Number:** SWH - 01790

**Version:** 2

**Publication Date:** June 2017

**Review Date:** February 2023

**Author:** Hand Therapy service



**South Warwickshire**  
NHS Foundation Trust

## Occupational Therapy Outpatient Service

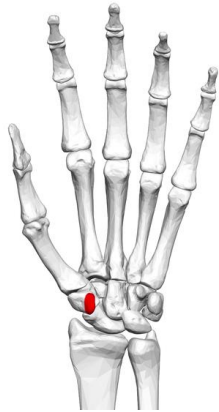
### Hand and Upper Limb Therapy

## Trapeziectomy

### Patient Information

## Why do I need a Trapeziectomy?

The trapezium is a small bone in your wrist at the base of your thumb which is commonly affected by arthritis. Osteoarthritis is the result of normal cartilage degeneration; as a result this causes the bones to rub together which can be painful/and or restrict movement (The British Society for Surgery of the Hand, 2016).



## How can this be treated?

Under general anaesthetic the trapezium bone is removed. This is sometimes combined with ligament reconstruction or joint fusion. It also gives the bones more room to move, as there is additional space.

## What happens after I've had my surgery?

You will be sent home with a bulky dressing or POP (plaster of Paris). This will be removed along with any stitches in a follow up appointment with the consultant approximately 2 weeks post-surgery.

Approximately 2-3 weeks after surgery an appointment will be made for you to see the Hand Therapist. You will receive this appointment through the post.

## What happens when I attend Occupational Therapy?

Depending on your requirements the Occupational Therapist can help with the following

- Wound Management
- Scar Management
- Splinting
- Exercise Programme
- Oedema Management (Swelling)
- Resensitisation
- Joint Protection
- Strengthening

## Why and when do I need to wear a splint?

A splint will help support the joint while you are healing and help you to undertake activities that maybe painful. You would normally wear the splint during activity, but your therapist will advise you further.