

Base of Thumb Arthritis - Arthroscopy

INDICATIONS

- Early stage arthritis of the CMC (base of thumb) joint, for diagnosis and synovectomy.
- Loose bodies.
- Does not cure arthritis.

INVESTIGATIONS

- Plain x-rays are usually all that is required.
- May perform CT scan if mild arthritis and possible loose bodies.

SURGERY

- Day procedure, most commonly under general anaesthetic.
- Via 2 or 3 small (5mm) incisions.
- Usually takes approximately 60 minutes.
- Removal of loose fragments of bone, cartilage or inflamed tissue within the joint.
- Newer procedure removes half of one the bones of the joint to decompress the joint and make more space.

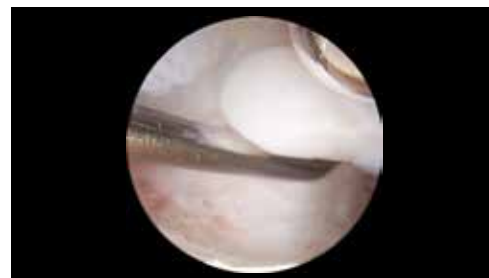
POST OPERATIVELY

- Immediately post operatively the hand is usually quite numb due to local anaesthetic used for the surgery.
- The hand and wrist will be in a soft dressing and the fingers will be free.
- It is important to keep the hand elevated after surgery especially in the first 72 hours post op to reduce/limit swelling.
- Keep the fingers and thumb moving, all the way straight and bent into a fist to limit stiffness and help reduce swelling.
- May use the hand for light activities as comfortable but avoid heavy activities.
- Keep the dressing clean and dry.
- Review at 2 weeks for wound check.
- Begin Scar massage to soften wounds and desensitize scars.
- Takes 6 weeks to fully recover.

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(Arthroscopy Setup)



(Loose Body)



(Synovitis)