

Thumb CMC Arthroplasty with Suture Suspension

Procedure:

- A small incision will be made at the volar (palm side) base of your thumb.
- The Dorsal Radial Sensory nerve is identified and protected.
- The volar musculature is elevated off of the capsule of the 1st CMC joint and an incision is made in the capsule to provide access to the arthritis
- The arthritic bone in your wrist (trapezium) is removed.



- A fiberwire suture is utilized to suture the Flexor Carpi Radialis tendon to the Abductor Pollicis Longus tendon creating a hammock-like sling to resuspend your thumb.
- The incision is washed out, the capsule and volar musculature are reapproximated and the incisions are closed with sutures. A dressing and thumb spica splint are applied and secured with an ace wrap.

What to Expect: Thumb CMC Suture Suspension Arthroplasty Post-Operative Instructions

- Following surgery, you will be given discharge instructions which provide information regarding when to schedule your follow up appointment. Please refer to the discharge instructions for details.
- Post-Operative Dressing: You will be placed in a post-operative splint which is kept in place with an ace wrap. Keep splint and dressing on until follow up appointment with your physician.
 - Keep dressing clean and dry. You may shower with a plastic bag/cast cover secured over the post operative dressing. The bag will be provided to you by our surgery center.
- Nerve block: Your nerve block (arm numbness) will wear off in as little as 2hrs up to 24hrs. If you have been placed in a sling, keep in place until the nerve block has worn off and you can control your arm.
- Pain Control: Please refer to discharge instructions provided on day of surgery for details.
- Edema (swelling): Elevate arm at or above heart level as much as possible to reduce swelling. Use Carter pillow if provided.
 - Apply ice over dressing for 10-20 minutes at a time to help with pain and swelling.
- Movement: You may move your fingers, elbow and shoulder throughout the day 10 repetitions per waking hour. Do NOT try to move thumb or wrist as they will be in a post-operative splint.
 - **NO** lifting, pushing or pulling with your surgical arm.
- Diet: No restrictions as long as you are not nauseated and are able to swallow without difficulty.
- Driving: No driving until cleared by your physician.
- At follow up appointment, stitches will be removed and you will be referred to Occupational Therapy for a custom splint.

NOTE: The above information may vary based on your surgical procedure. Your doctor will provide specific instructions after surgery. Please refer to discharge instructions issued on day of surgery for details.