

Patient information

De Quervain

Two thumb extensor muscle tendons have become inflamed at the wrist and this is a very painful condition which thus prevents normal wrist action as well as normal use of the thumb. During surgery the tendon sheath compartment is divided and the inflamed tissues are removed.

Surgery takes place under a local anaesthetic which means that you are free to eat and drink prior to surgery. The surgery itself takes approximately 25 minutes. The total time at the clinic including preparations is approximately one and a half hours. It is recommended that you do not drive your car home after surgery.

The recommended sick leave period is approximately 3-4 weeks.

It is important that you let us know whether you have any symptoms such as infections, sore throat or fever prior to surgery.

If your appointment is not suitable please ring us immediately on: 042 – 24 27 72

You are to keep your hand in an elevated position for the first few days after surgery in order to minimise swelling, bleeding and thus slowing the healing process. The bandage is to remain in place for three weeks and the stitches will be removed upon your next appointment.

You may experience some pain during the first 24 hours after surgery and therefore a prescription for painkiller tablets has been sent by electronic post to your local pharmacy. These can be obtained at the pharmacy of your choice and should be obtained prior to surgery.

Take the first tablets at least one hour prior to surgery.

Continue to take these tablets after surgery according to the instructions included on your prescription. Additional information regarding your surgical procedure will be provided when you visit us.