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Arthritis of base of the thumb

Excision Arthroplasty of the Thumb

Arthritis of carpometacarpal joint is a common condition

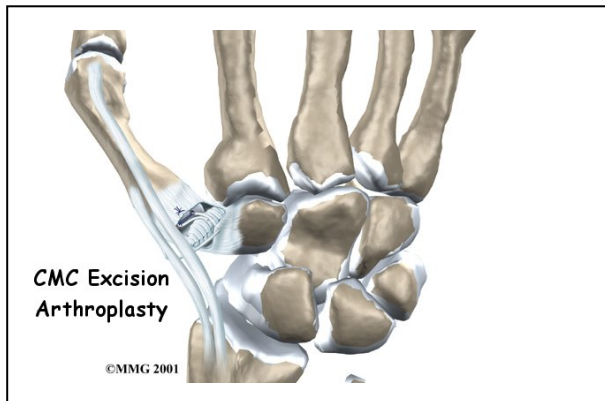
Patient may have pain over the base of the thumb

Pain is aggravated by pinch or power grip

Local cortisone gives good relief when condition is symptomatic

Occasionally excision of the trapezium is required.

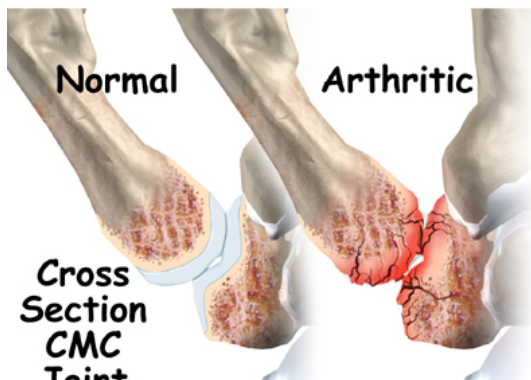
Which parts of the thumb are involved?



The CMC joint (an abbreviation for **carpometacarpal joint**) of the thumb is where the metacarpal bone of the thumb attaches to the trapezium bone of the wrist. This joint is sometimes referred to as the basal joint of the thumb. The CMC is this joint that allows you to move your thumb into your palm, a motion called opposition.

The joint surfaces are covered with a material called articular cartilage. When this material wears out, the joint develops a type of arthritis called osteoarthritis and becomes

painful.



What happens during surgery?

Surgery may be done using a general anesthetic, which puts you completely to sleep, or a local anesthetic, which numbs only the hand.

The CMC joint and surrounding tissues are **exposed**. Next, the joint capsule surrounding the CMC joint is opened.

The surgeon **takes out (excises) the trapezium bone** at the base of the thumb



Complications

Anesthesia: Be sure to discuss the risks and your concerns with your anesthesiologist.

Infection : Any operation carries a small risk of infection.

Nerve Damage: Because the operation is performed so close to these important structures, it is possible to injure either the nerves or the blood vessels during surgery.

Pin track infection: Wire used to stabilize the I meetarpal can get infected.

What happens after surgery?

After surgery, your thumb will be bandaged with a well-padded dressing and a splint for support.

The splint will keep the thumb in a natural position during healing.

Your surgeon will want to check your hand within five to seven days.

Stitches will be removed after 10 to 14 day

What should I expect during my recovery period?

After surgery, you'll wear a thumb cast for six weeks to give the repair time to heal.

Then a physical or occupational therapist will probably direct your recovery program.

The first few therapy treatments will focus on controlling the pain and swelling

You'll learn ways to grip and support items in order to do your tasks safely and with the least amount of stress on your thumb joint.

Alternatively artificial joint of CMC is used in some places

