

## BASILAR THUMB ARTHRITIS



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## Osteoarthritis at the 1<sup>st</sup> CMC joint

CMC (Basal) Joint Arthritis



- This is a degenerative arthritis that may occur over time at the base of the thumb
- It results in cartilage damage or loss and pain at the basilar thumb joint – it occurs between two bones, the first metacarpal and the trapezium

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## X-ray findings



- Changes in the joint can be seen on xray and help make the diagnosis
- On xray, joint space narrowing can be seen, as well as sharp bony overgrowths, known as osteophytes or bone spurs

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## Treatment options



- Treatment for this kind of arthritis is based on symptom severity, ranging from conservative measures all the way to surgical repair – you decide your treatment
- First line treatment involves the use of over the counter anti-inflammatories and a soft thumb splint to rest the joint




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## Cortisone injections


- ❑ Cortisone injections are often given to help reduce inflammation within the joint and provide pain relief.
- ❑ This medication is injected with a local anesthetic. This will provide pain relief from the injection for a few hours following. It is common to have increased soreness for a few days after the injection.
- ❑ Onset of the medication may take up to a week before you begin noticing improvement. Symptom relief is variable, but averages from 1-3 months.
- ❑ Diabetics should use cortisone with caution, as it can increase blood sugar levels.

## Surgical treatment

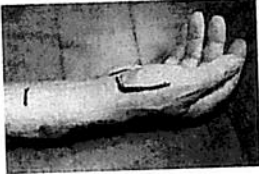



- ❑ When pain is severe or conservative measures are no longer providing adequate symptom relief, surgical repair is an option
- ❑ This procedure involves the full removal of the trapezium bone at the base of the thumb and suspension of the thumb with a nearby tendon graft
- ❑ After recovery, this leaves you with a sturdy thumb that moves well but no longer hurts the way it did pre-operatively



## Surgical treatment

- ❑ This is an outpatient procedure that is performed with the use of a nerve block of the affected arm. We are able to give you some sedative medication through an IV to keep you comfortable.
- ❑ This procedure takes approximately 1 hour to complete.


## Recovery

- ❑ After surgery you will be placed in a soft dressing that has hard cast material protecting the thumb. Take care to keep this clean and dry.
- ❑ The surgical dressings will be removed at your post-op visit with Dr. Foad 3-5 days after surgery. At that time the hand therapist will custom make you a removable splint for protection.
- ❑ Recovery takes approximately 3 months:
  - ❑ 1<sup>st</sup> month: wear splint almost full time, removing for hygiene and gentle exercise
  - ❑ 2<sup>nd</sup> month: weaning from splint and begin active physical therapy
  - ❑ 3<sup>rd</sup> month: splint only for risky activities, focus on regaining range of motion and strength




## Risks

- Anesthetic
- Infection
- Numbness



### CMC ARTHROPLASTY POST-SURGICAL FAQ'S

**How do I care for my wound after surgery?**  
 You will be given instructions on how to care for your wound. It is important to keep the wound clean and dry. Do not get the wound wet for the first 24 hours after surgery.

**How can I ease my pain?**  
 You may be given pain medication. You will be given instructions on how to take the medication. Do not take more than the prescribed amount. Do not take any other pain medication without your doctor's approval. Do not take any other medication without your doctor's approval. Do not take any other medication without your doctor's approval.

**Why is my hand numb?**  
 It is common to have numbness in your hand after surgery. This is because the nerves in your hand were stretched during the surgery. The numbness should go away within a few weeks. If the numbness does not go away, you may need physical therapy.

**Can I drive for my driving job?**  
 You will be given instructions on when you can drive. Do not drive until you are able to do so safely. Do not drink alcohol while you are taking pain medication.

**How long should I shower or bathe?**  
 You can shower or bathe as soon as you are able to do so. Do not get the wound wet. Do not use hot water. Do not use soap on the wound.

**How do the stitches come out?**  
 Your stitches will be removed by your doctor. Do not pull on the stitches. Do not get the stitches wet. Do not get the stitches dirty.

**What if my pain medication causes the tingling or numbness?**  
 It is common to have tingling or numbness in your hand after surgery. This is because the nerves in your hand were stretched during the surgery. The numbness should go away within a few weeks. If the numbness does not go away, you may need physical therapy.

**What about swelling?**  
 It is common to have swelling in your hand after surgery. This is because the tissues in your hand were stretched during the surgery. The swelling should go away within a few weeks. You can use ice to help reduce the swelling.

**When may I drive?**  
 You will be given instructions on when you can drive. Do not drive until you are able to do so safely. Do not drink alcohol while you are taking pain medication.

**When can I go back to work?**  
 You will be given instructions on when you can go back to work. Do not return to work until you are able to do so safely. Do not lift heavy objects until you are able to do so safely.

