

## TIMESCALE

### Operation

#### 48 hours after the operation

- Drains removed.
- Hand in splint and bulky dressing.

#### 1-2 weeks post-op

- Review in clinic.
- Stitches removed.
- Referral to therapy for new splint and exercises.

#### 2-4 weeks

- Exercises.
- Hand splinted at all times except when exercising.
- No activities of daily living with hand at this stage.

#### 4-6 weeks

- Exercises progressed.
- Hand in splint except when exercising.
- No activities of daily living with hand at this stage.

#### 6 weeks

- If joints stable with good correction discard splint in daytime.
- Continue to wear splint at night.
- Splint may be adjusted at this stage.
- Start gentle strengthening exercises.
- Start light functional activities.

#### 10 weeks

- Commence driving

Continue with night splints

If you require this leaflet in any other format, e.g. large print, please phone  
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## MCP JOINT REPLACEMENTS

### *Hand Therapy Service*

## WHY YOU HAVE BEEN RECOMMENDED THIS OPERATION

Due to arthritis in the joints with destruction of the stabilising ligaments, the knuckle joints (metacarpal phalangeal) joints become painful and the fingers can drift to one side.

This makes grip awkward and together with the pain in your hands normal daily activities become difficult.

Replacing the MCP joint with a silicone implant will help reduce pain and make it easier to use the hand.

## ON THE WARD

You will be visited by the doctor which will give you the chance to ask any questions you may have.

## THE OPERATION

While you are asleep with anaesthetic, your metacarpal phalangeal joints will be replaced with silicone implants.



MCP  
Silicone implant

## AFTER THE OPERATION

Your hand will be in a splint and bulky dressing.

You will be offered appropriate pain relief medication as required to help with discomfort.

## SWELLING

To minimise swelling, it is important to keep the hand elevated.

1. Use the sling provided to keep your hand above the heart for the first 2 weeks after surgery.
2. Remove your sling hourly so that you can exercise as described in the next section.
3. When lying or sitting, support your hand on pillows at heart height.

## INFECTION

Please report any signs of infection quickly, these include:

- Increase in pain not related to exercise
- Increase in swelling
- Pain in the arm
- Flu type symptoms combined with any of the above.

## EXERCISES AT THIS STAGE ARE

1. Lift arm up above head (if possible) and down.
2. Bend and straighten elbow.
3. Gently curl the fingers up within the bandages and straighten.
4. Circle thumb.
5. Bend tip of thumb.

These exercises should be performed 10 times each hour.

## CLINIC REVIEW

1-2 weeks post-op you will be reviewed in clinic. Stitches will be removed and you will be referred for therapy.

A thermoplastic splint will then be made in the Therapy Department.

Further exercises will then be started under the Therapist's supervision.

**The splint should be worn at all times, except for when exercising.**