

MCP joint arthroplasty - pyro carbon



Information for patients

MSK Outpatients - Hand Therapy



PROUD TO MAKE A DIFFERENCE

SHEFFIELD TEACHING HOSPITALS NHS FOUNDATION TRUST



Introduction

This booklet has been designed specifically for patients who have had an MCP (Meta Carpal Phalangeal or "knuckle") joint replacement in their finger.

By following the instructions and treatment advice given to you by your therapist and in this booklet, you will increase the chances of a successful outcome.

However, it is important to be aware that there is always a risk of complications, which can sometimes affect the overall result.

Staff will explain the risks, benefits and alternatives where relevant before they ask for your consent. If you are unsure about any aspect of the therapy proposed, please do not hesitate to ask for more information.

Consent must be given before starting treatment.

Your therapist will guide you through this booklet and advise you when you should start the exercises.

If you have any queries or concerns during your treatment, please don't hesitate to speak to your therapist.

Patient's Name:

Date of surgery:

Your Therapist is:

What is a Pyro carbon joint replacement?

The joint replacement that you have in your finger is a two piece implant; each piece is made of a special material called 'pyro carbon'. It is used to replace the knuckle joint where your finger connects to your hand.



An MCP joint replacement is most commonly performed when your knuckle joint is painful, stiff or cannot move because of arthritis or injury. The operation can help reduce pain and may help increase active movement in the fingers.

What will happen after my operation?

After surgery you will have a bandage or cast and you will receive appointments to attend the dressing clinic. Separate appointments will be arranged for you to attend therapy.

What will happen when I attend therapy?

You will be seen by a therapist, where you will be assessed and treated. You may be given splints and exercises (This will be assessed on an individual basis).

Rehabilitation may last up to 12 weeks after surgery and you should wear your splints as advised by your therapist in this time.

Your therapist will show you how to do the exercises and advise you on a home exercise programme. It is important to follow their instructions carefully to aid your recovery after the surgery.

Pain relief medication can be very useful to give you the confidence to exercise and use your hand with less discomfort (if needed).

Always read the label when using over-the-counter medication and if you are in any doubt, speak to your pharmacist or GP.

If your pain becomes severe or continuous, you should contact your GP.

When will I see a therapist?

1-2 weeks post surgery your plaster will be removed and your dressing will be reduced. You will have received an appointment to attend therapy where you will be provided with your splint and exercise programme.

What splints will I be provided with?

You may be provided with a number of splints depending on your individual needs. This will be assessed by your therapist.

You have been provided with a

When should I wear my splint

You have been provided with a

When should I wear my splint

How do I look after my splint?

You may wipe your splint with a damp cloth to keep it clean, but do not place in hot water or close to anything hot as the splint will melt and change shape.

It is important that your splints are comfortable to wear. If any of the following occur contact your therapist as soon as possible;

- Pins and needles/change in sensation
- Pain caused by the splint
- Any pressure areas or rubbing
- Damage to the splint
- Any changes in circulation, for example changes in colour or temperature of your hand
- Any increase in swelling

What can I do for the first 4 weeks after my operation?

Start date.....

- Do not use your hand for any activities for the first 4 weeks following surgery
- Do not squeeze or press your new joint
- If your hand is swollen rest with your elbow up at shoulder height and with your hand upright, as often as possible
- Begin scar massage if your wound is healed, as shown by your physiotherapist.
- Keep your shoulder, elbow and wrist moving.

Your therapist will advise you on your splint and exercises.

Can I wash my hand?

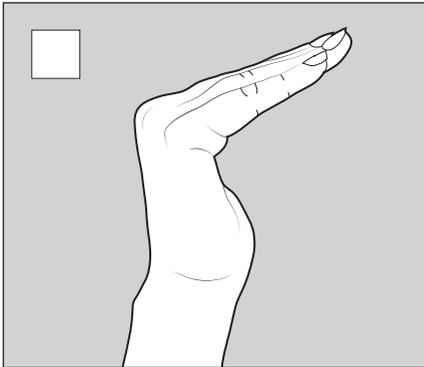
Once your cast and bandages have been removed and your wounds have healed you can start to wash your hand. You can do this in a bowl of warm soapy water with the hand and fingers straight. Be careful not to press the joint or force movement whilst you are cleaning your hand.

What exercises should I do?

The following exercises should be performed hourly throughout the day and can begin after your first therapy appointment.

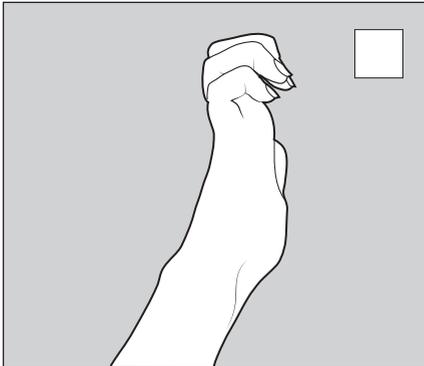
- All exercises should be done slowly and carefully
- Remove splints to perform the exercise
- Repeat each exercise 10 times

Exercise 1



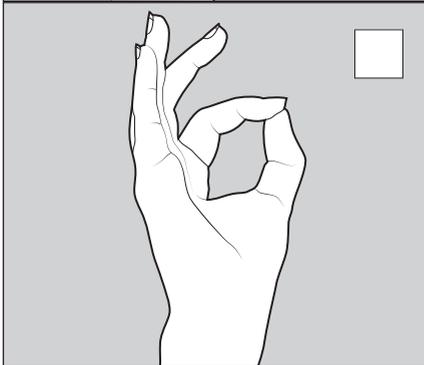
Keeping your fingers straight, bend and straighten your knuckles only, being careful not to bend more than 60 degrees.

Exercise 2



Keeping the knuckles straight, bend and straighten the tip and middle joints of your fingers.

Exercise 3



Touch each finger in turn making a 'O' shape between thumb and fingers.

Be careful not to bend past 60 degrees at the knuckle.

What should I do if I suddenly lose movement in my new joint?

You should contact the Sheffield Hand Centre immediately on:

0114 305 2364.

or

Go to the nearest **Accident and Emergency Department** if out of hours.

Is there anything I should avoid?

- Do not use the operated hand for any activity at all apart from the stated exercises
- Do not drive any vehicle - your Doctor will advise you when to return to driving

What can I do 4 weeks after my operation?

Start date.....

Continue to use your splints as advised by your therapist.

Use your hand for light activities such as:

- Washing, dressing and brushing your hair
- Holding cutlery
- Writing for short periods of time (about 15mins)
- Typing on a computer and using a remote control
- Turning the pages of a book or newspaper
- Board games, jigsaws and sewing

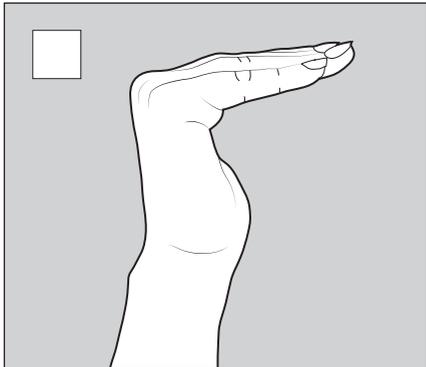
Is there anything I should avoid?

- Do not lift/carry anything heavier than ½ kg in weight
- Do not drive any vehicle
- Do not play any sports

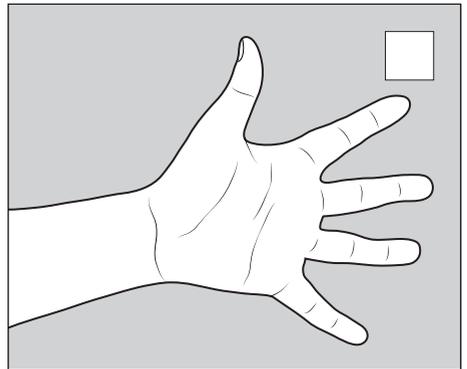
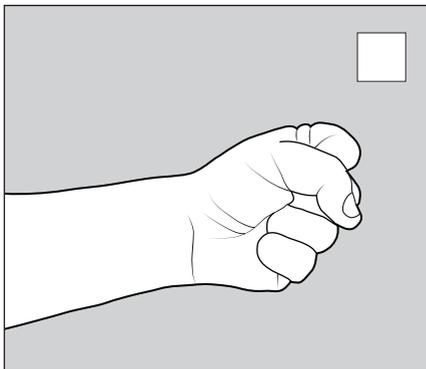
What exercises should I be doing?

Continue with the exercises as before.

You can now include the exercises below. Do not push the joint.



Allow your knuckles to bend to approximately 90 degrees and straighten, keeping your fingers straight.



Make a fist and then straighten your fingers.

What can I do 6 weeks after my operation?

Start date.....

During the day remove your splint and begin to return to full activities as tolerated.

What can I do 12 weeks after my operation?

Start date.....

You can now stop wearing your night splint. Your hand will feel weak, but your ability to return to activities will improve over time.

If you have any problems or questions regarding your hand
please telephone:

0114 226 6457 or **271 5799**

and leave a message for your therapist.



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