

What to expect after your trapeziectomy

The following timeline will give you an idea of what to expect and when after your hand surgery, including your cast removal and hand therapy at the Wessex Rehabilitation Centre (WRC).

Surgery – Day Surgery Unit

About 2-3 days after your surgery please phone WRC on 01722 336262 ext. 2370 to check that we have received a referral for you and that your 4-week hand therapy appointment is all organised. Please note – depending on your consultant you may have a wound check before this.

4 weeks - Cast removal at WRC

Please bring your thumb splints with you (if you have any) for your operated hand.
Therapy will involve light active range of movement only.
Weaning off splint.

8 weeks – follow up appointment at WRC

You will commence strengthening exercises.
Return to driving.
Return to work, depending on employment.

12 weeks – follow up appointment at WRC

Completely weaned off splint apart from heavy activities such as gardening.
Return to employment.
Discharge from Wessex Rehabilitation Centre.
Pain should be settling down.
You should have a follow-up with your consultant in Plastics Outpatients.

6 months

Strength continuing to improve. Pain continuing to reduce.

1 year – final outcome reached.



If you need this information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customercare@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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If you have any queries throughout your treatment at Wessex Rehabilitation Centre please contact reception and ask to speak to your therapist ☎ 01722 336262 extension 2370.