

## Trauma and Orthopaedics

# Tenolysis

Tenolysis is a surgical procedure to release or free a tendon from adhesions. Sometimes because of an injury or surgery, the tendons that bend and straighten the fingers become stuck in the scar tissue (adhesions) preventing the finger from moving properly. As long as the finger remains mobile passively (i.e. it can be bent and straightened with the other hand) it is possible in some situations to free the tendon(s) by surgery.

### What happens at surgery?

This is usually done as a day case procedure under a regional anaesthetic (having the whole arm numbed with anaesthetic injections but you remain awake), or a general anaesthetic (being put to sleep). The tendons and their sheaths, where necessary, are carefully separated from the scar tissue.

### Hand therapy

Early hand therapy is usually required at the hospital for the first few weeks to retain the improved movement of your hand following surgery, as well as to maximise function and range of motion. Your therapist can also advise you on management of your wound, and later your scar.

### What are the possible complications?

Scar tenderness is possible, although this normally goes away over 3 months.



## Patient Information

### **Some patients may experience the following:**

- Ongoing stiffness – range of movement can be expected to improve, but anything more than a 50% improvement in the pre surgery range of movement is a good result.
- Recurrence - there is the possibility that more scar tissue can form again causing loss of movement.
- Delayed wound healing
- Prolonged swelling
- Pain
- Infection

### **How long will you be off work and when can you drive?**

**Driving:** It is your responsibility to make sure you are safe to drive. You can discuss this with your treating clinician if you remain unsure. Please consider bringing someone with you, to avoid having to drive home yourself immediately after any procedure. You may wish to consider waiting until you can grip the steering wheel tightly without any distracting pain, before driving.

**Returning to work** will depend on your type of job. You should be able to do most everyday activities with any splints or strapping that may have been provided. Please speak to your doctor about this, and do not resume sporting activities until you are told that it is safe to do so.

### **Further information**

For further information please contact:

- The day surgery unit at University Hospital Coventry on 024 7696 6861/024 7696 6868 or at Hospital of St. Cross (Rugby) on 01788 663264
- Plaster room technicians at University Hospital Coventry on 024 7696 6909 or at Hospital of St. Cross (Rugby) on 01788 669143
- Specialist hand surgery nurse/hand-coordinator on 024 76 96 5072

## Patient Information

- Hand Therapy at University Hospital Coventry & Warwickshire on 024 7696 6016 or at Hospital of St. Cross (Rugby) on 01788 663257

Further information sheets will be available to you when you leave the hospital:

- Post-operative Hand and Arm instructions

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 6861 and we will do our best to meet your needs.

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