

Tenolysis

What is a Tenolysis and why do I need this operation?

Tenolysis is a surgical procedure to release or free a tendon from adhesions. Sometimes as a result 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 under a general anaesthetic (being put to sleep) or a regional anaesthetic (having the whole arm numbed with anaesthetic injections but you remain awake). 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, and 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 subsides by twelve weeks. A small number of 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.
- Delayed wound healing
- Prolonged swelling
- Infection
- *Recurrence* - there is the possibility that more scar tissue can form again causing loss of movement.

How long will I be off work and when can I drive?

- You may find driving difficult during the first two weeks after the operation. You can drive after your stitches are removed and when you can make a full pain free fist.
- You should expect to return to work within a few weeks depending on the nature of your job.



PATIENT INFORMATION LEAFLET

Further Information

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

- Post-operative Hand and Arm instructions
- Care following a general anaesthetic

In the event of you experiencing any problems please do not hesitate to contact your consultant's secretary, the Day Surgery Unit or your GP.

For further information on your procedure please contact:

- the Day Surgery Unit on 024 7696 6861 or 024 7696 6868
- the Day Surgery Unit St Cross Hospital Rugby on 01788 663264

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.

The Trust operates a smoke free policy

Document History

Author	Lynne Nicholls, Michael David
Department	Orthopaedics
Contact Tel No	26861
Published	August 2009
Reviewed	August 2010, August 2012, September 2013, December 2014, December 2016, January 2019
Review	January 2021
Version	8
Reference No	HIC/LFT/873/09