

Information about Hand and Wrist surgery

Hand and wrist disorders can significantly affect many functions of the hand particularly having an adverse affect on grip and dexterity. I provide expert assessment of all hand, wrist and elbow conditions including carpal tunnel syndrome, trigger finger/thumb, ganglions and other swellings, Dupuytren's contracture and the many, varied effects of arthritis.

Mr Waseem can advise you on the most appropriate treatment options including injections, splintage, physiotherapy or surgery. The up to date information for patients on most common conditions and their treatment options is also available.

Following injury you can have a full assessment the wrist and hand as lack of or incorrect treatment can lead to significant stiffness, reduction in grip strength and sometimes permanent disability. We have access to X-ray and other imaging techniques, including MR scans, in order to make the correct diagnosis of an injury. With this information we can advice on the most appropriate treatment and the lightly outcome and function.

Modern hand surgery is performed mostly as a day case procedure, often under a regional block (numbing of the arm) rather than a full anaesthetic. Following surgery, appropriate bandaging or splintage is applied followed by close post-operative follow-up including access to our own physiotherapist and occupational therapist. Some procedures will require special splints, which can be custom fitted by our team.

Common conditions

Treatment

Carpal tunnel syndrome	Injection Splintage and Release
Trigger finger/thumb Tendon rupture	Injection Release, Repair of flexor or extensor tendons
Wrist pain & injury	Fixation, Arthroscopic keyhole or open repair
Ganglion	Aspiration or removal
Osteoarthritis at base of thumb	Trapeziectomy, joint replacement, fusion
Dupuytren's contracture	Needle fasciotomy in clinic surgical release with or without skin grafting