De Quervain's Tenosynivitis

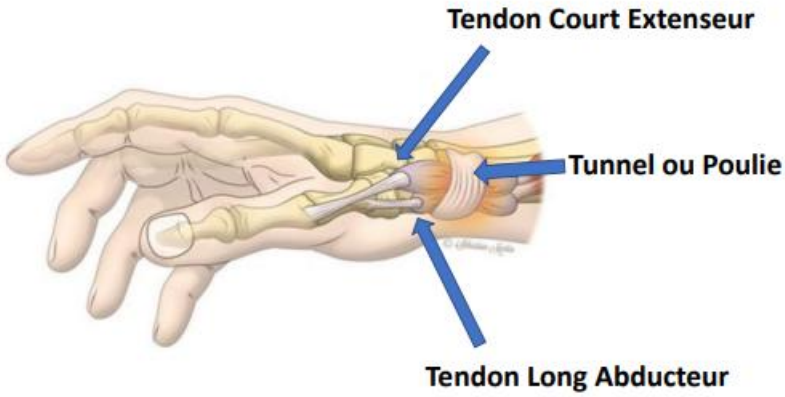
You have been diagnosed with De Quervain's tenosynovitis or tendinitis, a condition that affects the tendons on the thumb side of your wrist. Your surgeon has recommended a **simple outpatient surgery** to release and clean the tendon sheath. This document explains what the condition is, what the surgery involves, and what to expect after the operation.

What is De Quervain's Tendonitis?

De Quervain's is an **inflammation** of the sheath around two thumb tendons:

- **Abductor pollicis longus**
- **Extensor pollicis brevis**

It causes **pain at the base of the thumb**, often made worse by repetitive movements or strain. Sometimes, a small **nerve may be irritated** or a **cyst** may form.



Non-Surgical Treatments

Most cases can be managed with:

- A splint
- Anti-inflammatory medications
- Physical therapy
- Steroid injections

The diagnosis is usually made by your doctor based on symptoms and physical exam. X-rays, ultrasound, or MRI may help in some cases.

When is Surgery Needed?

If non-surgical treatments do not work, your surgeon may suggest a **minor operation under local anesthesia**.

The goal of the surgery is to:

- **Open the tight tendon sheath** to reduce friction and inflammation.
- In some cases, **remove a cyst** or **release a nearby nerve**.

Possible Risks

Although complications are rare, they may include:

- Irritation or injury to the **radial nerve** (can cause numbness or tingling)
- Bruising, infection, or stiffness
- Temporary **swelling** or **sensitivity** around the scar
- Rarely, the problem can come back over time

Recovery After Surgery

- You can move your fingers and wrist right away
- A temporary splint may be used for comfort
- In most cases, you don’t need formal physiotherapy
- **Self-exercises at home** are usually enough

✅ **Expected Result**

The goal is to relieve pain and restore normal thumb movement within a few weeks.