

**MIKE FOSTER**  
**Hand Wrist and Elbow Surgeon**  
**Carpal BOS**

**Problem**

- Bony swelling on the back of the wrist

**Cause**

- Osteophytes/bony spurs have formed on the back of the wrist

**Diagnosis**

- Obvious swelling on the back of the wrist which feels bony in nature, pain and discomfort especially when extending the wrist.
- X-rays can sometimes show the bony spur. CT scan will confirm the exact nature of the spurs and the involvement of the CMC joint.

**Treatment**

- Surgery – General Anaesthetic –
  - o A longitudinal incision,
  - o Debridement of bony spurs.

**Potential Complications**

- Infection, haematoma, stiffness, further spur formation.
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**Post Op Care**

- Day surgery
- Supportive bandage for 10 days.
- Wound check 10 days
- Hand therapy and gentle mobilisation
- Occasional use of splint if symptomatic.
- Swelling can take 3 months to settle.