

**MIKE FOSTER**  
**Hand Wrist and Elbow Surgeon**  
**Protocol**  
**Digital Nerve Neuroma Laceration**

**Problem**

- Pain and discomfort at the site of nerve injury and absent sensation distally.

**Cause**

- Direct injury to the nerve, either through fracture or laceration
- Has injured the nerve fibres leading to a swelling of the nerve at the injury site and absent sensation distally.

**Diagnosis**

- Clinical examination will show decreased 2 point discrimination in the affected course of the nerve.
- Pain and discomfort with a positive Tinels (tapping) sign at the site of the nerve injury.

**Treatment**

- Exploration of the zone of injury
- Excision of any swelling of the nerve and either direct repair of the nerve if possible, or using a conduit or nerve graft.
- Done under General Anaesthetic

**Potential Complications**

- Infection, haematoma, stiffness

**Post Op Care**

- Day surgery – light bandage for five to ten days,
- Encourage movement of the fingers and thumb
- Back to most activities by two weeks
- Recovery of the nerve depends on location of the injury, but nerves tend to grow about a millimetre a day.