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.