

MIKE FOSTER

Hand Wrist and Elbow

DIP Joint Fusion

Problem

- Pain and deformity to the end joints of the fingers

Cause

- Usually the cause is osteoarthritis, wear and tear
- Occasionally post traumatic arthritis.

Diagnosis

- The end joints are painful due to the arthritis
- Bony spurs 'Heberdens Nodes' and deformity is easily seen
- X-rays confirm the diagnosis.

Treatment

- Surgical General Anaesthetic
 Debridement of spurs and arthritic joint
 Fusion of joint, either straight or in slight flexion
 Fusion is performed with either wires or small screws

Potential Complications

- Infection, Haematoma
- Non Union
- Irritation from metalware

Post Op Care

- Dressing for 10 days
- Protective splints and swelling management for six weeks
- Check x-rays at six weeks and three months, to ensure union.