

RHIZARTHROSIS or THUMB BASE ARTHRITIS



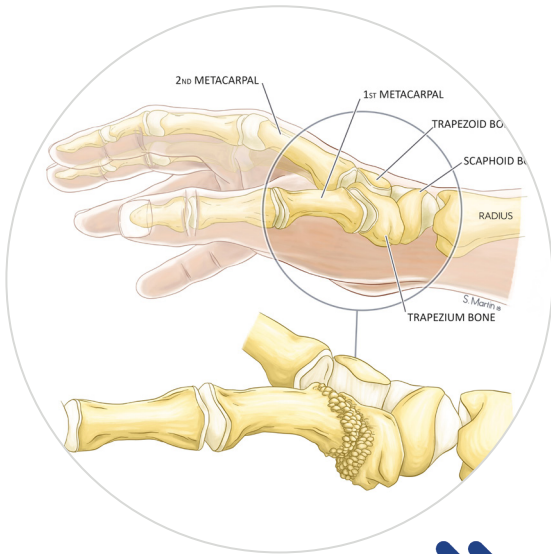
What is rhizarthrosis ?

Rhizarthrosis is the medical term for arthritis of the thumb.

It is a progressive destruction of the cartilage. The joint between the trapezium (carpal bone) and the first metacarpal is worn out, preventing the normal thumb function (pinching gesture). It has several causes (anatomical predisposition, heredity, trauma sequelae, etc.).

Localization

Rhizarthrosis is localized in the carpometacarpal (CMC) joint, at the base of the thumb, near the wrist.



Did you know ?

Rhizarthrosis is the most common cartilage wear disease in the hand. This condition affects 1 in 3 women after the menopause and 1 in 8 men.

(Réf : Buckland Wright J C)

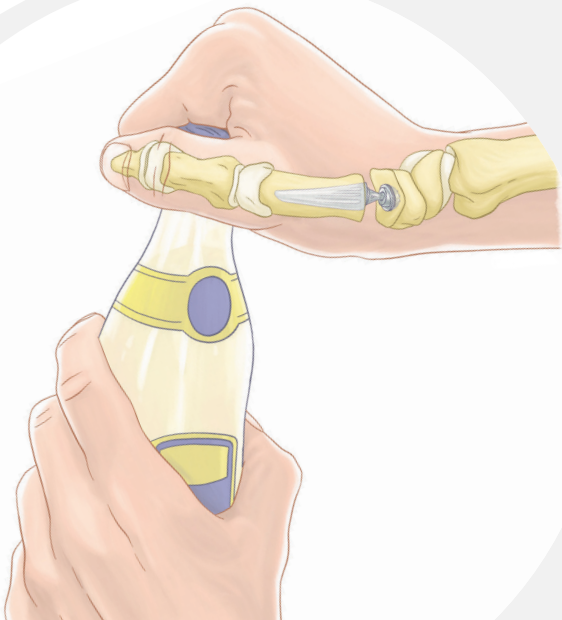
Why perform surgery ?

If medical treatment proves ineffective, and if no treatment is carried out, severe pain may develop in crisis at the base of the thumb (near the wrist), and disabling functional discomfort may set in for everyday movements:

- difficulty with pinch grip
- lack of strength
- progressive stiffness, with reduced opening between the thumb and index finger
- deformation of the thumb, with the appearance of a bump (osteophytes) that can generate a z-shaped thumb known as a «Z thumb».

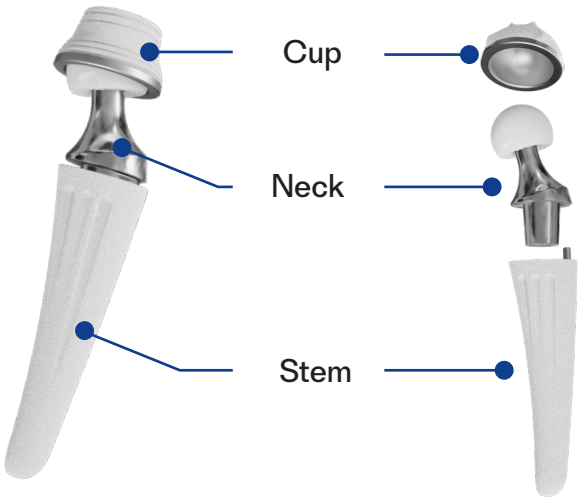
Why is my surgeon prescribing a CMC prosthesis ?

The aim of the operation is to treat the deterioration of the joint, to eliminate the pain and to restore the thumb function. The thumb prosthesis (carpometacarpal prosthesis) consists in replacing the joint at the base of the thumb with an articulated prosthesis (similar to a hip prosthesis).



What is a CMC prosthesis ?

The purpose of a carpometacarpal prosthesis is to remove the damaged and painful areas of the joint and replace them with a prosthesis consisting of two metal components (cup and stem) covered with hydroxyapatite (which favors bone regrowth) in contact with the bone, and an intermediate piece that reconstitutes the joint (neck).



The surgery conditions, hospital stay and post-operative period are defined by the surgeon. Patients should be aware that regular monitoring by their surgeon can help detect signs of prosthesis failure before any functional impairment.

What documents will I receive after the operation ?
Your surgeon will give you an individual implant card, completed with the device’s traceability information. Make sure you keep this implant card with you at all times, in your wallet for example.

What are the possible side effects and complications ?
Your surgeon has informed you of the rare cases of complications and undesirable effects that may occur after implantation of a prosthesis. Please consult your surgeon for any concerns you may have about the prosthesis.

Do I need to see my surgeon after the operation ?
Your surgeon will provide regular follow-up to ensure that the prosthesis is working properly.


When can I resume my daily activities ?
During your follow-up, your surgeon will explain what types of activities you can resume and how soon. It is important to follow the post-operative protocol prescribed by your surgeon.

I feel pain in my thumb joint. What should I do about this ?
Consult your surgeon in the event of pain, unusual behaviour of the prosthesis, infection, or following an injury or fall.

I need to have medical examinations. Do I need to inform my surgeon of the presence of my prosthesis ?
Whichever medical examination you have (e.g. MRI, CT-Scan, X-rays), it is important to inform the healthcare professional you consult of the presence of your prosthesis. In addition, no injection should be performed near the implant.

Will the prosthesis need to be changed over time ?
Your surgeon may consider replacing parts of or all the prosthesis with time.

Can I travel after the operation ?
Yes, it is however advisable to carry a copy of the X-rays showing the prosthesis.
For your information, your prosthesis may be detected depending on the country and the configuration of the security gates.

 The information contained in this document should not replace any information that may be provided by your surgeon.

YOUR AGENDA



Anaesthetic consultation

Date _____ Time _____



Surgical procedure

Date _____ Time _____



1st post-operative follow-up consultation

Date _____ Time _____



2nd post-operative follow-up consultation

Date _____ Time _____



3rd post-operative follow-up consultation

Date _____ Time _____

Patient Leaflet - PL_110.01_En

PATIENT LEAFLET

Thumb prosthesis
(total carpometacarpal
prosthesis)

This booklet was produced in collaboration with your surgeon

