



AMERICAN SOCIETY OF
PLASTIC SURGEONS®

Informed Consent

De Quervain Disease Surgery

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INSTRUCTIONS

This is a document to help you learn about De Quervain disease surgery. You will also learn about its risks and other treatments.

It is important that you read the whole document carefully. Please initial each page. Doing so means you have read the page. Signing the consent agreement means that you agree to the surgery you have talked about with your plastic surgeon.

GENERAL INFORMATION

In De Quervain disease, you will have extreme pain caused by tendons in the wrist near the thumb. In severe cases, hand and thumb movement, like grabbing and twisting, can cause pain. This surgery is an outpatient procedure.

OTHER TREATMENTS

Treatments without surgery include resting the wrist and thumb and wearing a splint at night. Hand therapy, taking medication, and steroid shots can also help. All these treatments have risks.

RISKS OF DE QUERVAIN SURGERY

Every surgery has risks that you should know about. Every surgery also has limits. Choosing to have surgery means comparing the risks and benefits. Most patients do not have problems, but you should talk about them with your plastic surgeon. Make sure you know all possible outcomes of the De Quervain surgery.

Scars:

All surgeries cause scars. This surgery may leave long, obvious scars in the skin or deeper tissues. These may not go away. Scars may be ugly, dark, raised, and red. They may even be itchy or painful. Some patients are prone to keloids—prominent, raised, red scars that remain. You may need more treatments like medications or surgery to fix this.

Infection:

You may have an infection after De Quervain surgery. If you get an infection, you may need to go to the hospital for treatment. This could include antibiotics or more surgery.

Hematoma:

Bleeding after surgery can form a hematoma. Normally this goes away on its own. If it does not, it may lead to healing problems and you may need to drain the fluid.

Open Wounds:

Wounds may open after surgery. This is not a good sign. If this happens, more surgery or other treatment may be needed.

Change in Skin Feeling:

You could have a loss of feeling or change in feeling in the skin of the finger, hand, or arm after De Quervain surgery. This may not get better.

Damage to Nearby Tissues:

The surgery might damage nerves, blood vessels, bones, or other tissues. The risk of this depends on the



type of surgery and how it is done. You may need more surgery to fix this. Injuries to tissues may or may not get better.

Complex Regional Pain Syndrome (CRPS):

This is rare but can happen after the surgery. You may have CRPS if you have pain, swelling, redness, and more sensitivity. CRPS may get better on its own. If it does not, you might need further treatment.

Relapse:

It is not always possible to fully fix the movement and function of the hand and fingers. Even after a perfect surgery, it is common for De Quervain disease to recur.

Nerve Injury:

Nerve injury may occur during the surgery. This can lead to sensitivity and pain at the site of the injury. It may also result in numbness of the finger, hand, or arm. If a nerve injury occurs, it may require more surgery.

Tendon Shifting:

After surgery, the tendons have more room to move. This usually lessens the pain. Sometimes tendons move around too much after surgery (this is called subluxation). This could be painful and may need more treatment.

DISCLAIMER

Informed consent documents give you information about a surgery you are considering. These documents explain the risks of that surgery. They also discuss other treatment options, including not having surgery. However, informed consent documents can't cover everything. Your plastic surgeon may give you more or different information. This may be based on the facts of your case.

Informed consent documents are not meant to define or serve as the standard of medical care. Standards of medical care are determined based on the facts involved in an individual case. They may change with advances in science and technology. They can also change with the way doctors practice medicine.

It is important that you read the above information carefully and get all your questions answered before signing the consent agreement on the next page.

