

Jacqui W (second) surgery for painful palmar nodules and starting tightness in her dominant hand, causing problems in her work. The operation had to be postponed a few times, but finally the big day was there.



Jackie and her surgeon Mr Rogers

Well folks.... Morning. Xxxx here at last at Ysbyty Ystrad Fawr... Day surgery... Obs done... Gown on... Waiting game now.... Little before photo... Will update later....

Well had tamazapm... Still waiting for them to kick in....all ready then for the regional block.... If I can stop choosing... Xx



Day 1 post op... Hand is now coming back to life.. It was so funny yesterday after the regional block.. My arm and hand really felt it did not belong to me... A very good girl did as I was told with aftercare.... Kept sling on throughout the night, pain relief as soon as I got home and taken before bed, kept arm up throughout the night. Had to take pain relief at 5am this morning as didn't want to miss the 4hour time spot to keep everything at bay... Actually taken the sling off for a while and making sure I move my fingers(good girl me) will not just rest it... Anyway will update progress as we go along on this journey together. Xxxx

Just a quick update.. Been to physio this afternoon.... No more physio pleased with my progression. However still the swelling there so work on that and the scar with my deep tissue massage... Been given an optoform putty... That has been moulded to my scar and hand... This will assist the healing and help the scar stay soft...



See my surgeon for 2nd follow up on 29th of this month...  
Andddd that last stitch is still there even though the physio tried to remove it for me but noooooo it would not budge...



Four weeks and one day post op... This My war wound... Getting there. Xxx positive thoughts everyone. You will get there too. Xx

