

Patient information

Dupuytren's Contracture

Martin Corke Day Surgery Unit

What is it?

Named after a French Orthopaedic surgeon who died in 1853 but was first described by a Suffolk surgeon in the 1830's. It is a fibrous band of tissue, which causes deformity of the hand by banding and fixing one or more fingers.

Treatment involves surgery under general anaesthetic which will release this fibrous band of tissue to enable you to move your fingers more easily.

Following your surgery

It is important to keep the dressing intact and the operation site clean and dry until your outpatient review. You will be given an appointment for removal of dressings by the Orthopaedic Nurse Practitioner after 3 – 5 days. Until then wear large rubber gloves or a plastic bag over your hand during bathing and washing.

Stitches need to be removed. This will be done at the orthopaedic clinic approximately 2 weeks after the surgery.

You may experience some mild to moderate pain. This can be relieved by elevating your arm (see below) and taking painkillers. If on discharge you are given 3 - 5 days' supply of painkillers, these may be taken as prescribed; otherwise, paracetamol or similar pain-relieving medication is appropriate (see separate pain information leaflet).

Should any bleeding occur, apply moderate pressure and raise your hand.

You may experience some swelling in the fingers, hand, or arm; this is normal. To help relieve this, please keep your hand / arm elevated for 48 hours. The ward nurse will apply a sling or collar and cuff before you leave. If resting, elevate your hand / arm on a pillow. Gently massaging your hand and fingers will also help.

Elevating the limb above heart level either in a sling or on pillows will also help if you are experiencing pain.

These are some exercises you can do to help prevent swelling and stiffness.

- Move your shoulder and arm regularly.
- Gently clench and unclench your hand.
- Touch each finger in turn with your thumb.
- Avoid lifting any heavy objects.

Special instructions.....

Nurse practitioner appointment

Outpatient appointment
 This will be sent to you.

Return to work.....

Driving.....

Contact your GP or GP out-of-hours service if:

- You experience severe pain.
- Any bleeding does not stop by the suggested method.
- Your wound becomes red, hot and / or produces a discharge, you may have an infection.

If you require any further advice, please contact the Martin Corke Day Surgery Unit on 01284 713959 between 7.45 am and 8.00 pm, Monday to Friday.

Outside of these hours please contact the orthopaedic ward F4 on 01284 713290 and speak to the nurse in charge. Please have your hospital number on the discharge letter available.

Or NHS 111

If you would like any information regarding access to the West Suffolk Hospital and its facilities, please visit the website for AccessAble (formerly DisabledGo)

<https://www.accessable.co.uk>



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