

## Patient information

# Care of your hand after Dupuytren's surgery

Patients name .....

Date .....

This leaflet is designed to help you to understand your surgery, the importance of splinting and the type of exercise to ensure maximum recovery of your hand.

### What is Dupuytren's disease?

Dupuytren's contracture is a disease of the fascia of the hand, where nodules and cords develop in the palm and/or digits (fingers), leading to one or more digits fixing in a bent position. It normally involves the ring and / or little finger but can affect the other digits in the hand.

Treatment involved surgery under local or general anaesthetic, which will remove this fibrous band of tissue to enable you to move your fingers more easily.

Occasionally a splint is only required post operatively as dictated by your surgeon or therapist. In most cases your hand will heal and the extension achieved in surgery will be maintained without a splint.

### After your surgery

You will be given an appointment to return to clinic between 3 and 6 days following your surgery. At this appointment your dressing will be reduced and you will either be seen by our hand therapist or an appointment will be made.

You will also be given an appointment to come back to have your stitches removed. This will usually be between 11 and 14 days following surgery.

## The morning of the day before you come back to the hospital to have your stitches out:

- Remove all the dressings on your hand.
- At regular intervals four times during the day, gently wash your hands in warm soapy water.
- Pat your hands dry, kitchen towel is very good for this.
- Your hand can be left uncovered during the day. You will be given a light dressing that you can apply if required for the night.

Do not be alarmed if your wound still appears a little moist, this is not unusual at this stage. By washing your hand this helps remove any dry scab and makes your hand more supple which will make it easier for the stitches to be removed.

The wound usually takes two weeks to heal, however in cases where skin grafting has been necessary wound healing may take 4-6 weeks.

## Exercises

To be performed ..... times a day, with repetitions of 10 for each exercise.

1



Hold fingers straight

2



Bend fingers without bending large knuckles

3



Bend fingers at large knuckles while keeping straight like a shelf

4



Bend your fingers at the middle joints touching fingertips to palm

5



Bend fingers into a full fist

Move wrist, elbow and shoulder throughout their full range of movement at least twice daily (compare this to the other side).

### Additional instructions

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### Who to contact

Therapist: .....

Tel: .....

*If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo) <https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>*

