

Occupational Hand Therapy

Post-Operative Advice: Dupuytren's Release

This information sheet is to act as a guide as to what to expect now you have had surgery for your Dupuytren's contracture. It is important to remember that everyone's surgery is slightly different depending on the severity of your contracture and we all heal at different rates.

On Discharge Home

Wound

- You will have a bulky dressing as well as a primary dressing on your hand.
- You may also have a metal 'zimmer splint' or a piece of plaster within that bulky dressing to hold your finger out straight.
- It is important that you keep this dressing dry or you may be prone to wound breakdown or infection.
- On discharge home you should be given a clinic review date to have that bulky dressing taken down or advised to attend your GP surgery for a dressing change. Some patients will have this done in the hand therapy department. Regardless make sure you know where this will be happening for you.

Swelling

- Your hand is likely to feel swollen after the surgery, this is normal. You may be given a sling to wear to help bring the swelling down. Try not to wear this all the time and keep your elbow moving.
- At this stage elevating your hand above heart level is the main way to help the swelling go down. This can also be achieved by resting your hand on your opposite shoulder when walking or resting it on pillows / cushions when relaxing.
- Active movement will also help with swelling.

Movement

- At this stage it will be difficult to move your finger due to the bulky dressing. It is still important to try and keep the ones free from the dressing moving so they don't stiffen. Complete exercises within your own tolerance and stage of wound healing.



- 1) Bend your elbow, hold 5-10 seconds.
Then straighten your elbow and hold for 5-10 seconds.



- 2) With your unaffected fingers and within limits of the dressing, try to hook the tips of your fingers.

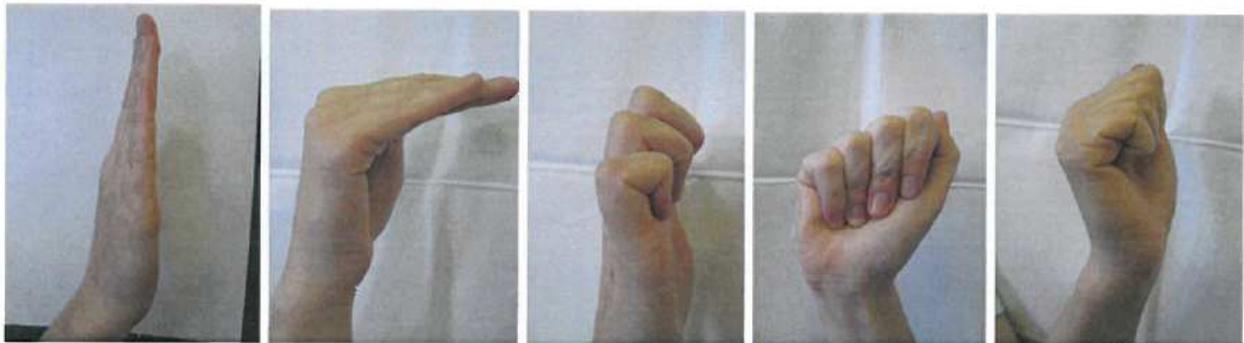
Hold for 5-10 seconds



- 3) With your unaffected fingers and within limits of the dressing, try to make a full fist.

Hold for 5-10 seconds

- 4) When your fingers are free from the bulky dressing try to complete the following sequence:



Start with your fingers as straight as they will go, then bend at the big joints, go back to straight then hook the tips of your fingers, go back to straight and make a tight fist.

- 5) Try to 'stroke' your hand out straight / flat on a table top within limits of pain.

- It is important to move your hand regularly even if it is uncomfortable, this is normal.
- Try to do these exercises regularly throughout the day i.e. every 2-3 hours or 4 times during the day, repeating each one 5 times.

10-14 Days after Surgery

Wound

- At this stage the wound should be healed.
- Sutures are removed at 14 days. This can be done at your clinical review, at your GP surgery or in hand therapy. Make sure you know where this will be done for you.
- The wound will now be a scar and may be quite tender or sensitive, this is normal.
- The management of the scar is a very important part of your recovery and you will be advised fully on this when you are seen in the hand therapy department.
- If your wound is fully healed and there are no areas of concern, then it is advised you start a firm circular massage. You can use non-perfumed hand cream and you need to complete this persistently for 5-10 minutes at a time regularly throughout the day.

Swelling

- If you feel your hand is still swollen, continue to elevate it as able and actively move it. Try practise making a fist with your hand in elevation.
- Gentle downward massage can also help swelling by moving it away from your hand. Complete this 5-10 minutes at a time. Always stroke down towards your elbow not up towards your hand!

After two weeks

All Dupuytren's patients are seen in the hand therapy department post operatively, this can be at varying stages depending on your Consultant. However, if you have not been seen or contacted by us two weeks after your surgery please seek a new referral to us via your Consultant.

An important part of your rehabilitation is a thermoplastic splint to hold your fingers straight at night time. This will be discussed fully with you when it is made.

Kind Regards,
Hand Therapy Team
Ashford Hospital

Please note, although the Occupational Therapy Department are the authors of this information leaflet we do not take responsibility for any complications that may occur, as we are not the prescriber. The healthcare professional that has provided this to you has done so because in their professional opinion you will benefit from it and take responsibility in doing so.

Name of Provider:

Profession:

Date:

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

Author: Sarah Joyce

Department: Occupational Hand Therapy

Version: 2

Published: April 2018

Review: April 2020

We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.



To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز به ترجمہ دارید، لطفا با شماره 01932 723553 تماس بگیرید۔
 ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ 'ਤੇ فون کرو: 01932 723553
 اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤ کریم اس فون نمبر 01932 723553 پر رابطہ کریں
 Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553
 यदि आपको अनुवाद की जरूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553
 Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Ashford Hospital London Road, Ashford, Middlesex, TW15 3AA Tel: **01784 884488**
St. Peter's Hospital Guildford Road, Chertsey, Surrey, KT16 0PZ Tel: **01932 872000**

Website: www.ashfordstpeters.nhs.uk