

INFORMATION PRIOR TO HAVING YOUR DUPUYTREN'S SURGERY:

You are going to undergo surgery to straighten the finger, as much as possible. This leaflet has been designed to provide you with an overview of the surgery and understanding of what to expect post operatively.

Surgical techniques: This would be chosen by your consultant depending upon the severity of the condition. The information provided below is for education/awareness.

Following your surgery, over the next few months you will be given advice regarding the rehabilitation and management of your hand from your hand therapist. The effort you put into your rehabilitation is significantly related to the end result obtained from this surgery.

Recovery for this operation can be slow and it can take on average up to 2-3 months to resume normal heavy activity.

You will usually be able to return to driving after approximately 6 weeks; however, this is at the discretion of your consultant/GP/therapist.

Timing of your return to work is variable according to your occupation and you should discuss this with your doctor/therapist.

0-2 Weeks:

You will be placed into a cast and dressings post operatively which you should remain in up until approximately 1-2 weeks.

Wound clinic should be booked for 2 weeks post operation for removal of stitches and to review your scar formation/wound.

You need to be in a splint following removal of plaster cast. This can be provided by the hand therapy service or fracture clinic at the hospital. This splint is worn day and night until 2 weeks post operation. For your awareness, you will be able to remove your splint each day for hygiene and exercise only. You will then be provided appropriate exercises from the hand therapy service.

2+ Weeks

Two weeks after your operation your splint will be used night only for up to 6 months in the attempt to improve finger extension and prevent re-development of contractures.

Wound Management:

You may have dissolvable sutures which will gradually fall out and disappear around 2-4 weeks.

Alternatively, you may have non-dissolvable sutures which will be taken out either by wound clinic or the nurse at your GP surgery or the Orthopaedics team at approximately 2 weeks post operation. It is



imperative this suture removal appointment is booked once you know your surgical date to avoid delays.

For those residing in Medway, you can book this at MCH wound clinic service, please contact the department on 0300 1233 444 following options: 1 -> 2 -> 2

If you reside in Swale, this can be organised with your GP nurse.

Oedema Management:

Hand elevation is important to prevent swelling and stiffness of the fingers, so remember not to walk with your hand dangling or to sit with your hand held in your lap.

Further swelling management techniques can be advised by your therapist in your initial assessment. Safe application of an ice pack can be useful for no more than 10 minutes an hour.

Exercises

Following your surgery, you will be seen in the hand therapy service and provided appropriate exercises. Please refrain from stretching the fingers using your other hand until advised by your hand therapist. However, it is imperative you maintain movement at your shoulder, elbow and fingers, by doing it gently.

Hand Therapy:

You will be contacted to book your hand therapy appointment once we receive a referral from your consultant post operatively. If you have not got an appointment scheduled please contact MCH adult therapies service to enquire further. If there are any issues please ask for a message to be passed onto the hand therapy service. The number to call is 0300 1233 444 and follow options: 1 -> 2 -> 3.

Alternatively, you can contact our admin team on medway.physiotherapy@nhs.net

