



## DUPUYTREN'S CONTRACTURE POST OP INSTRUCTIONS

You can expect a splint covering the palm and the fingers that were operated on. In most cases the fingertips of the affected fingers will not be covered so you can see them, they should be a normal pink color like your other fingers. The splint will stay on for 5 days.

Elevate as much as possible the first 2-3 days. You can put it on a pillow when in bed and against your chest when sitting or walking, to reduce the risk of swelling as much as possible. You can expect some discomfort or pain. Gentle movement of all fingers is usually advised after 2-3 days this will stimulate the circulation (you can use your other hand to gently move your affected fingers). Do not force the joints as this may cause damage to small blood vessels, and that may cause more problems. No lifting until the physician states it is ok. After 5 days you can remove the splint, apply bacitracin, and cover the sutures with bandaids.

### **Wound care:**

The bandage should not get wet, cover it in plastic (a sandwich bag or clingfilm for instance) if you are going to do anything involving water. Once the bandage is off you can carefully wash or wipe the hand but do not soak it, keep it dry as much as you can. You can use moist cloth to clean the other fingers properly if needed.