

and exercises, which you should start straight away.

An appointment will then be made for you to see the Hand Therapist the following week, to assess your progress with the exercises.

An appointment will also be made for you to have your stitches out, which will be approx. 10 days following your procedure. After the stitches have been removed, you may be provided with a splint. The splint should be worn at night for approximately 6 months, to keep the fingers straight. During the day, the hand must be exercised and kept mobile.

Reference source

Mr Magnussen, Consultant, RSCH.

www.nhs.uk/conditions/dupuytren-contracture/pages/introduction

Notes & Questions

Contact details

If you require further advice, please do not hesitate to contact the Day Surgery Unit.

Day Surgery Unit

Telephone: 01483 406783

Monday–Friday, 8am–6pm

Out of hours advice

Call 111 (formerly NHS Direct)

www.nhsdirect.nhs.uk

Surgical Short Stay Unit

Telephone: 01483 406828

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm
Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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Dupuytren's Contracture Release



Day Surgery Unit Surgical Short Stay Unit

What is Dupuytren's Contracture?

Dupuytren's contracture is a progressive thickening and tightening of tissue in the palm of the hand and fingers. This condition typically causes the ring and little fingers to bend into the palm. The surgery will correct the deformity of the fingers, if it has not progressed too far.

What are the alternatives?

No treatment may be an option in mild cases. Treatment is necessary if the normal function of the hand is affected.

What happens after my operation

Will the operation hurt?

Local anaesthetic will be injected into the operated area. This area and the fingers will remain numb for up to six hours after surgery. Before the effect wears off, you should take your prescribed painkillers. Continue taking them on a regular basis for the next couple of days.

Any painkilling tablets prescribed by the ward to take home will carry a prescription charge, unless you are exempt.

Wound Care

Your hand will initially be dressed with a bulky dressing consisting of gauze, wool and a crepe bandage. Keep your dressing intact, clean and dry until you are seen in the Fracture Clinic (outpatients 2) within the next few days.

Some swelling is to be expected for a few days; this is temporary. Resting the arm up as much as possible for the next couple of days will help keep the swelling to a minimum. Avoid walking with your hand dangling, or sitting with your hand in your lap.

If your wound becomes red, swollen or very tender, or develops a discharge, please contact the Day Surgery Unit or your own GP for advice.

Keep the wound clean dry until your stitches are removed or dissolve. Once this has happened you may get your hand wet. You are also advised to rub moisturiser into the scar area, to prevent dryness and tightness of the skin as it heals.

Initially the scar will be thickened and tender to touch. Firm massage with a moisturising cream will help reduce sensitivity and swelling.

Elevation and activity

Keep your arm rested up in the sling provided for the next 2-3 days. Rest your arm on pillows or cushions to sleep.

You may move your arm or hand as much as is comfortable to do so – the nursing staff will advise you. Avoid any activity that may pull or damage your stitches until they have been removed.

Work

You are advised to take at least two weeks off work. If your job is manual, you may need longer. Please be advised by the nurses on the Unit.

The Unit can provide you with a doctor's certificate if required.

Driving

You must not drive until your stitches are removed or dissolve after your operation. You must be comfortable, and able to operate the steering wheel and gear stick safely, before driving again. The Driving Vehicle Licensing Association (DVLA) advise you to ring your insurance company to inform them when you are driving again.

What are the potential risks and complications?

Complications during and following this procedure are rare. They include:

- **Recurrence.** Dupuytren's contracture cannot be cured, and there is a moderate chance of the problem recurring.
- **Excessive bleeding and/or swelling.** Pressure and a cold compress (e.g. a packet of frozen peas) may help relieve these symptoms. If you are concerned, telephone the Day Surgery Unit or see your GP.
- **Rarely, infection of the wound sites.** If your wound becomes very tender, red or swollen, contact the ward or your own GP for advice.

Will I need a follow-up appointment?

You will be seen in the fracture clinic (outpatients 2) 1-3 days after your surgery. The ward staff will provide you with an appointment before your leave. At this appointment your dressing will be removed and the wound will be checked. You will be provided with advice