



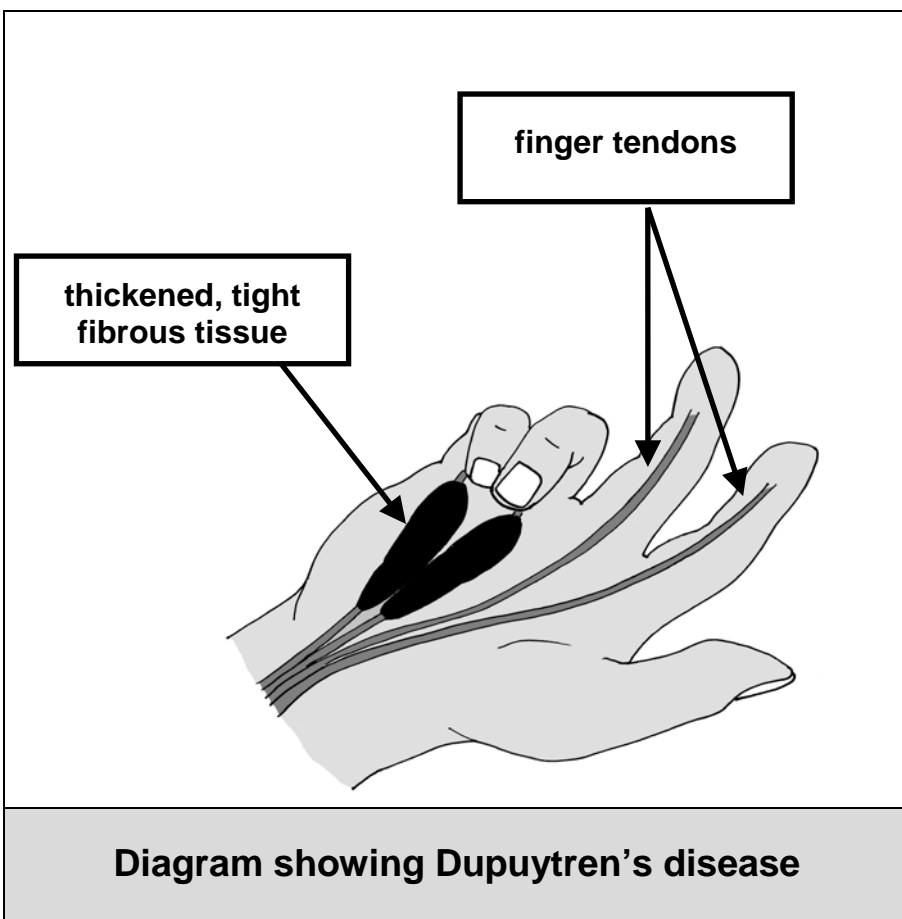
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# ***Dupuytren's disease***

***Information for  
patients and carers***

**Physiotherapy Department**



## ***What is Dupuytren's disease?***

In Dupuytren's disease, scar-like tissue forms just beneath the skin of your fingers and the palm of your hand (see diagram opposite).

The tissue is fibrous and over time can form contractures. Contractures are cords of shortened tissue that pull one or more of your fingers towards the palm of your hand.

Dupuytren's disease is a progressive condition, so it gets worse with time.

We can release the contractures surgically and give you better function of your affected hand and straighter fingers.

## ***What does the operation involve?***

**There are two common procedures:**

Needle fasciotomy

This is a closed procedure (so you don't have an incision or cut during surgery) where a needle is used to release the affected parts of the tendon

Open fasciotomy

The surgeon makes an incision in the palm of the hand and the affected finger(s). They then cut the fibrous band of tissue to release the contracture and allow the fingers to straighten.

## ***Recovering after your surgery***

We'll give you a splint for your hand. Wear this overnight every night for 6 months

If you had a needle fasciotomy (no surgical wound) we'll fit your splint immediately after your operation.

If you had an "open" procedure (you have a surgical wound), we'll make your splint 1 to 2 weeks after your operation and once your wound has been checked.



**Examples of splints**

## ***Exercises after surgery***

Do these exercises every hour during the day:

### **Exercise 1:**

Straighten your fingers as much as you can.



### **Exercise 2:**

Clench your fingers into a fist.



### **Exercise 3:**

Gently use your other hand to straighten your fingers as much as you can.



## ***Wound care and massage***

When your dressing and any stitches are removed after your surgery (and your wound fully healed if appropriate), you can begin to massage your scar gently with moisturiser. This helps with healing and reduces feelings of tightness around your wound, wrist and fingers.

### **Massaging your scar**



## ***Does surgery have any complications?***

Like all surgery, there is a small risk of complications. If you have any concerns about these, please ask staff for more information.

- Incomplete correction of the contracture due to loss of movement within the finger joints
- Stiffness of the finger joints (increased risk if you have arthritis within the hand or finger)
- Wound-healing problems
- Nerve damage
- Bleeding from wound
- Reoccurrence (problem comes back after surgery)
- Complex Regional Pain Syndrome

## ***Contact details***

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