



Information for  
patients and  
carers

Dupuytren's Fasciotomy  
or  
Fasciectomy

## What is Dupuytren's contracture?

Dupuytren's disease causes tissue in the hand known as fascia to thicken and contract. It can form lumps and bands in the palm and fingers, causing the fingers to pull down. You have had an operation to remove this tissue to help your fingers move better. Hand therapy can help you recover and maximise the outcome of your operation.

Please follow this advice after surgery.

## Following surgery

### Elevation

Your hand should be elevated to shoulder height to reduce swelling immediately following surgery until the swelling has gone. You may need to do this for 2-3 weeks.

### Wound care

Post operation your theatre dressings will be removed by our team and you will have regular dressing's changes at the hospital. Your wound needs to be kept clean and dry at all times until your stitches come out and your wound has healed. Dressings and bandages need to be minimal to allow best movement of your fingers.

### Scar care

Collagen is laid down after a wound heals and this forms a scar. Massage over the scar helps it to soften and flatten, and will help decrease any hypersensitivity in the skin. Once the wound has healed, start to massage your scar using non-perfumed moisturising cream. Your hand therapist will show you how to do this.

## Therapy treatments

### Splint

You may be fitted with a custom-made splint to help manage the bend in your finger(s). If you have been advised to wear this during the day remove the splint to exercise your fingers (see below). Once the stitches have been removed, we advise wearing your splint nightly for up to 6 months depending on how well the scar matures.

Do not expose the splint to heat, as it will change shape.

Please bring your splint to face-to-face hand therapy appointments as we can progress the stretch in the joints.

Your splint has been fitted and provided for your use only and must not be used by another person. If your splint becomes ill-fitting, too tight, too loose or needs strapping replacement please contact the hand therapy department.

Splint Manufactured / Fitted by:

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### Exercises

Exercises may begin as soon as the theatre dressings are reduced. Do these exercises five to ten times, every 2 hours during the day. This may be a little painful at first and the wound may bleed slightly. This is quite normal. The exercises help reduce stiffness.



Starting position: wrist and fingers straight.  
Action: Bend your fingers at the knuckles to 90 degrees then straighten the fingers.



Starting position: wrist and fingers straight.  
Action: Hook the end two joints of your fingers then straighten the fingers.



Starting position: wrist and fingers straight.  
Action: Make a fist (thumb over fingers) then straighten your fingers and bring them apart.

## Other advice:

Follow the advice from your therapist about how to include your non-operated fingers in light function.

Avoid gripping or holding tightly onto objects such as opening a jar until advised otherwise by your hand therapist. Too much force can sometimes unsettle wound healing and prolong your recovery.

Talk to your hand therapist about work and how to use you hand while it recovers; you may need to stay off work if it involves gripping tasks.

Here are some ideas you have talked through with your therapist:

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## Feedback about the care you have received

We are always striving to ensure we provide the best possible care and improve our services based on what our patients tell us. We would really appreciate if you could take a few minutes to complete a short anonymous survey by scanning the QR Code on the next page. Paper versions are also available in our department next to the anonymous drop box for posting your feedback

# THE NHS FRIENDS AND FAMILY TEST

Have your say to improve your care. We would like your feedback on the care or treatment you have received today. Put us to the test and tell us what is working and what we can improve. You can say what you think as we do not ask for any of your personal details. The feedback will be used to plan and implement improvements to our services.

**THANK YOU** for taking the time to complete this survey.

Preston Hand Therapy



Chorley Hand Therapy



## Contact details

Should you require further advice or information please contact Hand Therapy at Royal Preston Hospital on 01772 522879 or Chorley District Hospital on 01257 245757

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.patient.co.uk](http://www.patient.co.uk)

[www.accessable.co.uk](http://www.accessable.co.uk)

All our patient information leaflets are available on our website for patients to access and download:

[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)

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If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

**Gujarati:**

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

**Romanian:**

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.”

**Polish:**

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

**Punjabi:**

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲੋਂ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲੋਂ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

**Urdu:**

دو سر ی زبانوں او ر بڑی اگر آپ کو ہی معلومات سمجھنے کے لیے مدد کی ضرورت ہے تو یی چھپا یں ییہ ابی دست بو یسکت ہے برا ئے مہر یان پو ے یچھہی۔ معلومات

**Arabic:**

مطبوعه بأ حروف كبير ة و بلغات إذا كنت تر يد مساعده في فهم هذه لمعلومات يُرجى أن تطلب أخرى يمكن تو فسير هذه المعلوما ت

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**Division:** Diagnostics and Clinical Support  
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