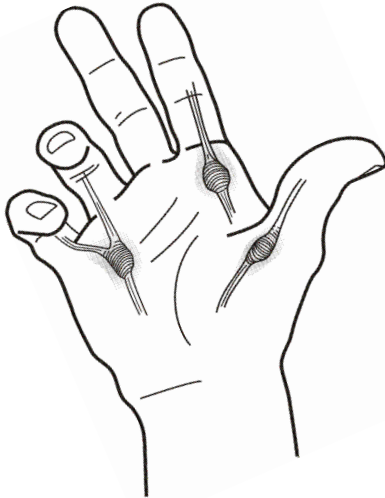


Information about

Dupuytren's Contracture



Hospital: _____

Physiotherapy: _____

Orthopaedic Department

New Victoria Hospital

Grange Road

Glasgow

G42 9LF

Tel No: 0141 347 8754



What is Dupuytren's Contracture?

This is a painless thickening and tightening of tissue beneath the skin on the palm of the hand. It can cause dimples or lumps in the skin of the palm and can draw the fingers down into a bent position. It often affects the ring and small finger more often than the others, although it may involve any or all of the fingers.

It sometimes runs in families although there seems to be no clear reason for it to begin.

What treatment will I need?

You may need surgery. Your doctor will decide when this is appropriate as it depends on the severity of the contracture (bent position).

About the Surgery

We will give you a general anaesthetic which means you will be asleep during the surgery. Your surgeon will remove the abnormal tissue, usually through a zig-zag cut in the palm. The wound is closed, but some parts of it on the palm may be left open to allow for healing. It may be necessary to remove the overlying skin and replace it with a skin graft from your inner arm to help close the wound.

It is not always possible to get the bent fingers completely straight.

After Surgery

We apply a dressing and plaster shell to the palm side of the hand and arm. We will remove these when you return to the clinic (about 4-5 days after your surgery). If you had a graft the dressings are removed 10 days after your surgery.

We will remove your stitches at the clinic about 10-14 days after your surgery.

At the Clinic

When we remove the plaster and the dressings at the clinic - do not be alarmed if the wound looks “open”.




We will apply a lighter dressing and your physiotherapist will make you a plastic splint. Wear the splint at night time only for the first 6 weeks.

Exercises

To help increase the movement in your hand you will need to do some exercises. Your physiotherapist will show you these exercises.

You will start these exercises at your first visit to the clinic. Your dressing may become stained – this is common and should not stop you from exercising.

Hand Exercises

	Wrist and fingers straight Make a fist Repeat _____ times
	Forearm supported on a table with palm facing down Bend your wrist and knuckles. Then straighten your wrist and knuckles Repeat _____ times
	Palm on table Spread fingers and bring them together Repeat _____ times

Diagrams adapted from Physio Tools

Follow Up

You will continue to have weekly visits to the clinic until your nurse or physiotherapist are happy with your progress.

You will have a final appointment 6 months after your surgery.

Further information

If you require any further advice, please telephone:



Nurse: _____

Physiotherapist: _____

