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If you have any questions or concerns, please call the office.



Dupuytren's Contracture

Dupuytren's contracture is a hand deformity that usually develops slowly, over years to decades. It affects the connective tissue under the skin. Knots of tissue form under the skin- eventually forming a thick cord that can pull one or more of your fingers into a bent position.

Surgery- Subtotal Fasciectomy

A fasciectomy is a procedure in which tissues are removed. In this case, your surgeon removes all of the thickened tissue that causes the contracture to allow for full mobility of your digits. This procedure is usually performed under General anesthesia which means you will be asleep during the procedure. Your procedure will take approximately 1- 1 ½ hours- including recovery time. You will also be required to have a driver the day of surgery.

Surgery- Focal Fasciotomy

A fasciotomy is a procedure in which tissues are disconnected. In this case, your surgeon removes a portion of the thickened tissue that is limiting motion in the digit/s. This procedure is usually performed under General or local anesthesia which means you will be asleep during the procedure. Your procedure will take approximately 1- 1 ½ hours- including recovery time. You will also be required to have a driver the day of surgery.

What to expect after surgery

Depending on your job duties, you may be able to return to work under certain restrictions- provided you are no longer taking narcotic pain medication (You may wean into over the counter Tylenol, Ibuprofen, or Aleve for your symptoms as tolerated). You will need to avoid heavy lifting and submerging your hand in water until after your post-operative appointment

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with your surgeon. We suggest you speak with your employer regarding job demands to agree on an expected time of return.

Pain medication will be prescribed for post-operative pain relief. You will slowly wean from this medication over time as your symptoms subside. You may also experience some bruising and/or swelling. These symptoms may be alleviated through Ibuprofen or Aleve, elevation, and ice. (Please do not take additional Tylenol if you are taking narcotic pain medication; this already has Tylenol).

Post-operative recovery details depend on the specifics of your surgery.

3- 5 days after surgery you will visit with an occupational therapist. The occupational therapist will remove your bandages and create a custom made splint which you will wear at night. During the day you are free to work on flexing your fingers. The occupational therapist will also go over exercises with you at your first visit. You will likely attend formal therapy with this therapist for the next four weeks. You will follow up with your surgeon for suture removal two weeks after surgery.

It is normal to experience bloody drainage during range of motion. Your occupational therapist will remove your initial bandages and replace with Telfa pads which are non-adherent pads that you may purchase through your local drugstore. They will instruct you to keep your dressings clean/ dry and change daily until the drainage has subsided.

Following your hand surgery, it may be difficult to open your medication bottles. If you prefer, you may request NON child-proof bottles from your pharmacist when dropping off prescriptions. However, please consider the risks if you have small children in your home or if any small children may be accessible to these medications.

Reasons to call our office

Please call our office if you experience abnormal drainage (yellow or green), fever over 100°F, chills, increasing redness around the incision site, or side effects from your pain medication such as prolonged nausea.

If you begin to experience difficulties with your custom made splint please contact your occupational therapist so they may make appropriate adjustments. The occupational therapist is aware that adjustments may need to be made over the course of time secondary to wear or fluctuating swelling.

Please contact the office if you wish to take extended time for recovery or if your job requirements do not allow you to return. You may file FMLA or Short Term Disability paperwork. Contact our office at 913-652-6348 with any questions or concerns.