Patient information factsheet

Dupuytren’s contracture: post-operative advice

Following your hand surgery it’s important to complete the following exercises to increase movement and strength in your hand, and to reduce scarring. The effort you put into your rehabilitation is significantly related to the success of this surgery.

Post-operative exercises
1. Move your wrist, forwards, backwards and from side to side.
2. Bend your fingers into a fist, keeping your thumb out of the palm.
3. Using your other hand to help, gently stretch your fingers into a fist.
4. Place the back of your hand on the table, straighten your fingers and try to touch the table with your fingertips.
5. Once your wound is completely healed, use your other hand to help gently straighten out your fingers.

Repeat ………….. times every hour.

Scar massage
As advised by your therapist, once your wound has completely healed, you can begin to massage your scar. Unperfumed cream is ideal for massaging scars. Massage across the scar line in circular movements using deep and firm pressure. This ensures that the scar does not stick to the underlying surface, and helps the structures under the skin to move freely.

Splinting
You may have been fitted with a hand splint to wear at night for up to six months to keep your fingers straight after surgery. It’s important to wear your splint to stretch the tissues. Your splint may require regular adjustments by your therapist, so please bring it with you to each therapy session.

Therapist: ……………………………………………………………………………………………………………………………………. Date: ……………………………………………………

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If you need a translation of this document, an interpreter or a version in large print, Braille or on audio tape, please telephone 023 8079 4688 for help.