**Xiapex® treatment for Dupuytren’s contracture**

Dupuytren’s contracture is a condition that affects the hands and fingers. It occurs when connective tissue in the palm of the hand stiffens, causing one or more fingers to bend inwards. Over time the connective tissue can stiffen to form a rope-like cord in the palm. This factsheet explains how Dupuytren’s contracture can be treated with Xiapex® which is a non-surgical treatment which may be injected directly into the cord to dissolve it, meaning the finger can then be straightened manually by a doctor.

**Who is the treatment suitable for?**
There are several ways to treat Dupuytren’s contracture. To see if Xiapex® treatment is suitable for you, you’ll be seen in the hand clinic by one of our hand surgeons.

Tell us if:
- you are (or might be) pregnant
- you are breastfeeding
- you are taking any drugs that thin the blood such as aspirin, clopidogrel (plavix) or warfarin
- you are taking antibiotics

If any of these apply to you, another treatment may be more appropriate. The surgeon will be able to discuss the options with you.

**About the treatment**
If Xiapex® is suitable for you, the doctor will see you twice in the clinic:

**The first appointment**
You will be asked to lie down. Your hand with then be cleaned with an alcoholic solution and the injection will be performed. Afterwards a large, bulky dressing will be applied to your hand. There is a very small risk of allergic reaction immediately after the injection so you will be asked to wait for half an hour in the department to ensure you are well before leaving.

After the injection:
- ✓ do keep your hand elevated
- ✓ do tell us if you feel unwell
- ✓ do take over-the-counter painkillers such as paracetamol and ibuprofen if you are in pain

- ✓ do not bend or straighten your fingers
- ✓ do not get the dressing wet or dirty

**The second appointment**
Your second appointment, when your doctor will straighten your finger, will be a few days later. Again, you’ll be asked to lie down, your hand will be cleaned and the area around the cord in your palm numbed with some local anaesthetic.

The finger will then be straightened over 10-20 seconds. This is known as manipulation. The doctor may repeat the manipulation several times over 10-20 minutes. Once it is straight you will see a hand therapist.

[www.uhs.nhs.uk](http://www.uhs.nhs.uk)
who will make you a splint to wear for the next few months at night to help keep your finger straight. They can also give you advice about managing any swelling or bruising that you may have.

**After your treatment**

It’s quite normal for your hand to have some bruising and swelling after the injection. These will usually go away within a week or two.

You should contact us immediately on the telephone number below if you experience any of the following:
- signs of an allergic reaction such as widespread redness or a rash, swelling or tightness in the throat or difficulty breathing
- dizziness or fainting
- swelling, numbness or tingling in the hand
- signs of infection such as fever or chills

**Possible side effects**

Reactions at the injection site such as:
- bleeding
- pain
- swelling
- tenderness
- bruising

Other side effects that may occur include:
- itching in the hand
- pain in the arm
- swollen glands in the elbow or armpit
- swelling in the hand

Less often, patients may experience a skin tear when moving the finger, pain in the glands in the elbow and armpit, pins and needles in the finger, dizziness or nausea.

Very rarely, patients may experience more serious complications such as tendon rupture, allergic reaction, chronic pain, muscle spasms and weakness.

Please inform us if you think you have had any kind of reaction to the treatment.

**What are the benefits?**

Dupuytren’s contracture is not curable but treatment with Xiapex® is usually very well tolerated, with 92% of patients saying they are either “very satisfied” or “quite satisfied” with the results of the procedure.

Regarding the chance of the condition coming back, research shows that there is a 27% chance of it recurring at the knuckle, and a 56% chance of it recurring in the first finger joint within three years of treatment. These figures are higher than with open surgery (having an operation), but lower than with a treatment called needle aponeurotomy, which is less invasive.

Your surgeon will be happy to discuss the benefits of the different treatments with you, and help you understand the chances of the condition coming back in the future.

We can only inject one cord at a time but further injections to other cords can be given.
Driving after Xiapex® treatment
You should not drive after either the injection or the manipulation until you feel that you are safe to do so. You should be able to return to driving within a few days once you are sure your hand is working well enough to drive safely – it’s your responsibility to ensure you are safe to drive. Your insurance company may wish to know about any procedures that you have had and they should be informed before you start driving again. You can find out more about driving and medical conditions by contacting the DVLA by telephone on: 0300 790 6806.

Further information
If you have any further questions or would like to discuss anything in the factsheet, contact Prof. Warwick’s secretary by telephone on: 023 8120 5212

Main hospital switchboard: 023 8077 7222
Orthopaedics outpatients
B level
Royal South Hants Hospital
Brinton’s Terrace
Southampton
SO14 0YG