

## Patient information factsheet

# Dupuytren's contracture: post-operative advice

After your hand operation, 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. We hope this factsheet will help to answer some of the questions you may have. If you have any further questions or concerns, please speak to a member of our team.

### 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 your 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

Once your wound has completely healed, you can start to massage your scar. Massaging your scar can help to flatten and soften it. Unperfumed cream is ideal for massaging scars. You will need to 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

After your operation, we may have fitted you with a hand splint to wear at night for up to six months to help keep your affected fingers straight. It's important that you wear the splint to stretch the tissues. We may need to adjust the splint regularly, so please bring it with you to each therapy session.

### Contact us

If you have any questions or concerns, please contact us.

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