

## Patient information factsheet

# Dupuytren's contracture: post-operative advice

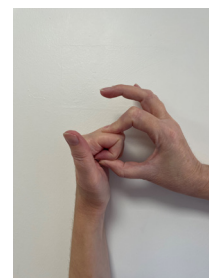
After your hand operation, it's important to complete the following exercises to increase movement and strength in your hand, and to reduce scarring. The effort you put into your rehabilitation is significantly related to the success of this surgery. We hope this factsheet will help to answer some of 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. Bend your fingers into a fist, keeping your thumb out of your palm.



2. Using your other hand to help, gently bend your fingers into a fist.



3. Place the back of your hand on a table, straighten your fingers and try to touch the table with your fingertips.



4. Once your wound is completely healed, place the palm of your hand on a table and using your other hand to help, gently straighten out your fingers.

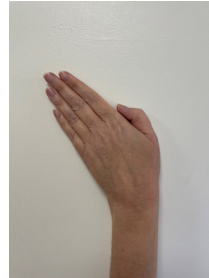


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5. Rest your forearm on a table with your hand relaxed over the edge. Bend your wrist up and down.



6. Place your hand on the table, palm facing down. Keeping your fingers and wrist straight, slide your hand so that your fingers are pointing to the left and then slide your hand so your fingers are pointing to the right.



Repeat \_\_\_\_\_ times every \_\_\_\_\_.

## 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.

## Swelling

If you have any swelling, elevate your hand as much as possible. Gentle massage and exercise will also help keep swelling to a minimum.

## 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 finger(s) straight. It's important that you wear the splint to gently 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 concerns with your exercises, please contact us.

## Hand therapy team

Telephone: **023 8120 6459** (Monday to Friday, 8am to 5pm)

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For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalsupport**