



CANADIAN PLASTIC SURGERY CENTRE

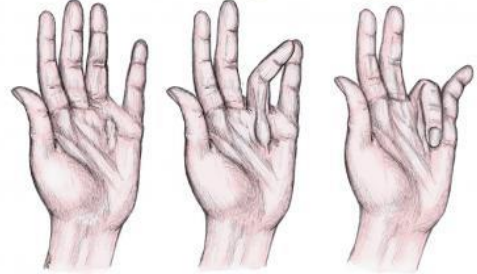
Dupuytren's Contracture Release

What is Dupuytren's Contracture?

Dupuytren's contracture is a condition caused by the development of thick fibrosis scars in the palm of the hand. Overtime, progression of these fibrous strands prevent the fingers from straightening or the fingers from opening completely.

How is this condition treated?

Treatment of Dupuytren's contracture is through the release of the fibrous strands with medication or through the excision of the disease tissue that is restricting the movement of the fingers.



Dupuytren's Contracture Release Post-Op Instructions

- You should not experience much pain after your procedure. If you experience pain, please take over the counter Tylenol (Acetaminophen) Extra strength or Advil (Ibuprofen) for pain relief.
- Keep the dressing clean, dry and intact for 2 days after surgery. You can remove the dressing and tensors after 48hrs. Please wash the wound(s) with soap and water. Expose your incision to air to allow it to dry.
- Please note that swelling in the fingers is normal post-operative due to tensors. If the tensors are too constrictive, please remove the tensors and leave gauze in place for 2 days.
- Your follow-up appointment should be 10-14 days after your procedure for assessment of the incision and suture removal.
- Please not a little bit of swelling over the incision is okay. However, please watch out for signs of infection such as redness that spreads beyond your incisions, the breaking open of your skin and/or pus that drains from your incision. If you have any of these signs, please call the minor surgery office to book an appointment to see Dr. Chivers as soon as possible.

Recovery course

- You can start using your hands within 2 days after surgery however you should avoid strenuous activity or heavy lifting for 10-14 days until the sutures is removed.
- Depending on the duration and severity of your condition, you may need some occupation therapy sessions to help restore the range of motion.
- Feeling a small hard bump over the incision or surgical area after surgery is normal. This is a result of scar tissue development. After your stitches are removed, we recommed that you start massaging the area to help with the healing of your skin. Over time, the hardness should resolve. Massaging will also help with the sensitivity that develops with non use. You should massage your hand 3-4 times a day.

If you have any questions or non-emergent concerns, please call our office at: (416) 244-8377 Monday-Friday 9am-6pm or email us at info@canadiansurgery.com