

Dupuytren's Surgery Post-operative Instructions

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Post Operative Exercises – Hand Therapy Instructions

Referral Letter

Attention Hand Therapist:-

Could you please organise physiotherapy and resting night splint for this patient who has recently had Dupuytren's surgery.

Immediate Post-op

Splint fitted by hand therapist, and gentle ROM with attention to wound.
Regular dressings. Splint full time except exercises.

2 Weeks

Start pushing full ROM with attention to passive assisted active exercises aiming for full flexion/ extension. Splint only at night

3 Weeks

Soft Tissue massage +++.

8 Weeks

Splint discontinued

With Thanks:

Gavin Nimon

Post Operative Instructions

In surgery you will have a plaster fitted which will remain on for 7-10 days.

Whilst your arm is in plaster, you should elevate your arm above your heart as much as possible for the first 7 days (a sling does not provide enough elevation). Your arm should be near your ear which is easier when resting your elbow on the window pane in your car or on the back of your couch. When you are lying flat this can be achieved by resting your arm on pillows on your chest.

We will need to see you 7-10 days following surgery where Dr Nimon will remove plaster and will check the wound site and may remove sutures. The appointment time is written on the inside of the folder. If you have any issues with this please contact the rooms on 8376 9988.

On the day the plaster is removed you will have had made an appointment with a hand therapist who will fit you with a night splint and also instruct you on post-operative hand exercises. It is important you persevere with these exercises to get the maximum result from your surgery. The appointment time to see the hand therapist will be on a card inside the folder.

Dr Nimon will continue to track your progress at follow up appointments which will vary depending on wound healing and progress.

You will usually be able to return to work and driving after 2-3 weeks.

If you have any concerns such as swelling, redness, increased warmth of the operation site, excessive discharge from the wound or you have a temperature or generally feel unwell, please contact Dr Nimon immediately on 8376