

After Your Dupuytren Contracture Surgery

Dr. Paul Nielsen

Dressings and Wound Care

- After surgery you will have a bulky soft dressing on your hand to help with swelling
- Leave the dressing on until follow up
 - You must cover the dressing for showering to keep it dry
- Call our office at 308-865-2570 if something happens to your dressing

Pain Medicine

- NSAIDs such as ibuprofen or naproxen are recommended to improve pain after surgery in addition to prescription pain medication
- You will be prescribed a strong pain medication, such as hydrocodone and oxycodone, to control your pain after surgery
 - You should start taking pain medication as soon as you start getting feeling back, indicating the nerve block is wearing off to avoid rebound pain
 - You are allowed to drive when you are not taking prescription pain medication

Activity

- Elevate your hand above your elbow and heart for the first few days after surgery
- You may gently bend and especially straighten your fingers in the dressing

Follow-Up Care

- You will have an appointment in clinic 5-7 days after surgery to check your wound and begin more range of motion exercises
 - You will have an additional appointment at 2 weeks for suture removal. Appointments after that depend on your healing and movement.
- Therapy is often ordered to help with swelling and range of motion during recovery

Results

- The degree of finger straightening maintained depends on contracture severity and the recovery process
 - Some patients have some residual bend in their fingers
- Recurrence is common but usually takes years to develop and may not be as severe
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