

After Your Needle Aponeurotomy Procedure for Dupuytren's Contracture

Dr. Paul Nielsen

Dressings and Wound Care

- After your procedure you will have a bulky soft dressing on your hand to help with swelling
- You may remove the dressing 2 days after the procedure
 - Cover the wounds with a band-aid or light wrap if needed
 - It is ok to shower over your incision but do not soak it in water until the holes are closed
- Call our office at 308-865-2570 if you are concerned about your wound

Pain Medicine

- Tylenol and NSAIDs such as ibuprofen or naproxen are recommended as the primary pain medication after surgery

Activity

- You are encouraged to begin moving your fingers immediately after the procedure to prevent stiffness
- Stretching is encouraged multiple times a day to straighten the finger
- Elevate your hand for the first few days after the procedure
- Let soreness and pain be your guide on limiting activities

Follow-Up Care

- Formal follow up is not normally needed
- If you have issues or a recurrence, call to schedule an appointment

Results

- Soreness around the wound can take a few weeks to improve
- Recurrence of the contracture is possible and sometimes requires a repeat or larger procedure