

Patient and Carer Information

DUPUYTRENS SURGERY

You can start these exercises once your plaster is removed. Do the movements slowly, you may feel a stretch but it shouldn't be painful.

Remember to also regularly move your shoulder and elbow to keep those joints mobile.



Bend the tip of your finger up.
Fully straighten your finger after each bend.
Repeattimestimes a day.



Bend the middle joint of your finger up.
Fully straighten your finger after each bend.
Repeat timestimes a day



Open and close your fingers.
Repeat timestimes a day.

Tendon Gliding Exercises: after each bending exercise always straighten your fingers fully.



Straight



Knuckle Bend



Straight Fist



Hook fist



Full Fist

Swelling Management

- It is normal to have swelling after your surgery.
- Movement of your wrist and hand helps with swelling.
- Keep your arm elevated above the level of your heart when resting in the first few weeks after surgery.
- Do not hang your arm down by your side for long periods.



Wound and Scar Management

- A light dressing will be put on your hand keep the dressing **clean** and **dry**.
- Once your wound is fully healed your hand therapist will advise on how to massage and moisturise your scar.
- Once your wound has fully healed keep your hand clean by washing it in running cool water, do not soak your hand. Pat dry with a clean towel or kitchen roll.
- If your finger/ hand becomes red, or you have increased pain or discharge from your wound please contact the hand therapy team or A and E immediately.

Splint

- You may be provided with a splint to help keep your fingers/thumb straight.
- Wear the splint at NIGHT time in bed only unless your hand therapist gives you other instructions.

Care of your splint:

- ✓ Wash with soap and lukewarm water and rinse.
- ✓ Baby wipes can be used to clean and freshen the splint.

DO NOT

- X Leave in sunlight, near direct heat or a naked flame.
- X Place in hot water
- X Adjust the splint yourself.

Please contact the hand therapy department if:

- You experience a rash, redness, rubbing or irritation of your skin.
- You experience an increase in pain or pins and needles or numbness.
- You experience large amounts of swelling or sweating.
- Your splint breaks or feels too tight or loose.

Contact details: Hand Therapy Team Harrogate District Hospital 01423 /553404
553460