

## Dupuytren's contracture

These instructions are intended for printing. The instructions contain sections to be filled in.

In Dupuytren's contracture, connective tissue under the skin of the palm thickens, gradually leading to a fixed contracture where one or more fingers bend towards the palm. The condition develops without any particular extrinsic cause. Usually the disease affects the ring finger and the little finger and can be treated with surgery.

### Procedure

The procedure is performed under regional anaesthesia. The thickened connective tissue is removed, allowing the finger to straighten, although in some cases not entirely.

### Rehabilitation

Swelling of the hand slows down healing and causes pain. The swelling can be reduced by keeping the hand in an elevated position, also during the night, using for example a pillow. Moving the fingers and taking painkillers also help. You should start exercising the fingers immediately after the anaesthetic wears out, as permitted by the pain and bandages.

The operated hand should be used in light, everyday chores, which is good exercise for the hand. Lifting objects that weigh more than a kilogram is to be avoided until the sutures are removed. Attention must be paid to extending the fingers, in order to avoid a new contracture. See the rehabilitation guide (pdf file in Finnish).

### Wound care

The hand is bandaged in padded dressings for 1–2 weeks. Protect the hand with plastic when showering, so that the dressings do not get wet. The sutures are removed after 2 weeks at your health Centre, occupational health Centre or health clinic (neuvola) (\_\_\_\_\_/\_\_\_\_). You may go to sauna 24 hours after the removal of the sutures. You may apply and massage moisturizing cream on the wound lightly starting from 3–4 days after the removal of the sutures. This softens the dry skin and makes the scarring more resilient.

## Treatment of pain

It is recommended to take painkillers regularly for 2–4 days and after that when necessary:

Paracetamol

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Anti-inflammatory

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Strong painkiller

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Other medication

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Follow-up visit is not usually required.

Sick leave is approximately 4 weeks.

## Contact us

If you experience inflammatory symptoms (increasing pain, heavy swelling, warmth, redness, continuous wound discharge) or anything else abnormal occurs, contact your health centre or treating unit.

Day Surgery Unit on working days from 07.00–15.00, telephone 06 213 1552

Your own health Centre or occupational health Centre

Telephone nursing services from 15.00–08.00 on Monday–Thursday and from 14.00–08.00 on Friday and 24 hours a day during weekends and on midweek holidays, telephone 116 117

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This instruction is intended for our patients who are in care relationship.