

## Dupuytren's Partial Fasciectomy - Recovery Guide

### Discharge

You will be discharged on the day of surgery.

### Dressings / Sutures

You will be discharged from hospital with a bulky dressing covering your hand. Leave the dressing in place until you are reviewed by a hand therapist between 5-10 days. Keep your dressings dry. A plastic bag covering your hand will help to keep the dressing dry while showering.

### Swelling / Icing

Post-operative swelling is normal and should gradually decrease over the course of a few months. Elevate your hand higher than your elbow for the first 48 hours to help reduce swelling. Ice may also be applied for the first 24-48 hours to reduce swelling. Apply ice to your hand 3-5 times a day for 20 minutes at a time.

If the swelling worsens, or if you notice redness around the wound or experience a fever, please contact our office immediately or see your local doctor. For after-hours concerns, you can also reach out to the hospital emergency department.

### Pain Relief / Medications (*allergies permitting*)

Your anaesthetist will have prescribed a range of painkillers for you to go home with. You should take them as prescribed. In general you should take paracetamol regularly, followed by anti-inflammatories if prescribed and then strong painkillers (such as Palexia/Tapentadol) for top-up pain relief. Cease these medications as soon as the pain allows. Dr Robinson recommends taking Vitamin C 1000-1500 mg daily from 2 days prior to surgery until at least 3 weeks post surgery.

### Splint

A hand therapist will remove your dressings at 5-10 days post the procedure. They will re-dress your wounds and fashion a night time splint. The type of splint will depend on the affected fingers. The splint is worn at night from 12-24 weeks. It is important to remove the splint during the day and only wear it while sleeping.

### Post-Operative Appointments

- 5-10 days: See a hand therapist for review. You are responsible for booking & financing hand therapy appointments.
- 2-3 weeks: Your first post op clinic review.  
A nurse will remove your dressing and review your wound.

### Return to Work / Driving

A reasonable goal for returning to office work is within 2 weeks. For more physically demanding jobs, the target is typically 6 weeks. Driving can usually be resumed around 2-3 weeks.

### Return to Activities guide

- Running: 2 weeks  
Swimming: Once your wound has healed.  
Tennis: 6 weeks  
Golf: 6 weeks  
Contact sport > 5-6 months  
Gym based activities may commence once your wound has healed.