



343

PRESTON STREET
SUITE 200
OTTAWA, ONTARIO
K1S 1N4

Palmar Digital Fasciectomy (Dupuytren's) Post Op Instructions

T: 613.729.1616

F: 613.729.3838

www.theottawaclinic.com

Pain Control

Keep your hand elevated, higher than your heart, as required for 2 to 3 days. Use a pillow if necessary.

Take the suggested pain medication as directed Tylenol and Advil, taken together, are often sufficient and you may not need to take a prescription pain medication.

What to Expect

Mild swelling or bruising – though it continues to improve, bruising may be present for up to 6 weeks or longer

Initially, you may find your fingers feel stiff. Move your fingers as much as possible and you should notice a gradual increase in your movement

Depending on your age, severity of initial problem and associated conditions, this may take months. You may not achieve full extension at some joints

Some activities requiring firm grip with impact (Golf, racquet sports or operating heavy equipment) might be uncomfortable for a few months.

You may experience delayed healing of your incisions. These will heal with regular dressing changes. Your surgeon will guide you through this.

The Dressing

Check your circulation – press on your fingernails. They should turn white then return to pink when the pressure is released.

If your fingernail(s) is (are) blue or white, unwrap and re-wrap the bandages so they are more comfortable. If this does not improve circulation, contact our office, your GP or your local ER.



343

PRESTON STREET
SUITE 200
OTTAWA, ONTARIO
K1S 1N4

T: 613.729.1616

F: 613.729.3838

www.theottawaclinic.com

Keep your initial dressing intact for 2 (two) days.

After 2 days.

- 1) Remove all outer wraps and gauze. Do not replace them.
- 2) Wash the wound with soap and water. You may shower. Pat incision dry.
- 3) If the incision is open, apply Vaseline to the open areas and cover them with gauze. Do this at least daily.
- 4) Use the hand for light activities (washing hair, preparing meals etc). Open and close fingers and move wrist as often as possible.

Your Sutures

Dissolve on their own.

It is normal to have redness localized to the sites where you have suture knots. Occasionally there is a small amount of drainage from those sites. Soaking in warm Epsom salts can help with this.

It is also quite common and normal to see separation of the outer calloused skin along your incision while the deeper healthy skin heals. This is not a concern and is part of normal healing. Cover it with a gauze if you wish.