



Dupuytren Percutaneous Needle Aponeurotomy

Patient Postoperative Instructions

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0-1 weeks

Pain medication:

- Use your prescription pain medication as needed to control pain.
- Do not drive or operate machinery while taking narcotic/opioid pain medication.
- Unless you cannot take them for other medical reasons, it is ok to use over-the-counter anti-inflammatory medication (e.g. Advil or Aleve) in addition to your prescription pain medication. Do not take tylenol as your prescription already contains this medication.

Post-op Dressings:

- Keep the dressings and splint in place for 1-2 days after surgery, then replace the dressings with a band-aid.
- Elevation of the hand, along with ice on-and-off for 20 minutes at a time, will help with swelling and pain.
- It is ok to shower, but the dressings must stay clean and dry. Place a waterproof covering over the dressings while bathing or showering (such as a heavy plastic bag that is sealed with Saran wrap).
- Once the dressings have been removed, it is ok to let water run over the hand, but do not soak or immerse your hand until the skin puncture sites have sealed over.

Motion:

- Start moving your fingers as soon as possible.
- You can use your hand for light activity, such as eating, drinking, or using a computer.
- Increase activity as your symptoms allow.

1-2 weeks (First post-op visit)

Splint:

- You will be referred to hand therapy for a hand-based extension splint to be worn at night.

Motion:

- A brief therapy session will be performed to instruct finger range-of-motion exercises.
- Use your hand as your symptoms allow, though heavier lifting/carrying/pushing may cause pain.

2-6 weeks (Follow-up as needed)

No further therapy beyond normal use of the hand should be required at this point. There are no activity restrictions unless otherwise discussed on a case-by-case basis.