



Florida Bone & Joint
SPECIALISTS



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POST OP INSTRUCTIONS – Dupuytren’s Contracture

- **Keep hand and arm elevated most of the time.**
- Keep the splint on. It is important to keep it clean and dry. Use a bag over it when showering or while taking a bath.
- It is important to keep the hand warm (no ice). Also, limit caffeine and absolutely no smoking. Often, because the finger is contracted, when we release it, the blood vessels and skin will be on “stretch” after release. The finger will respond poorly to vascular challenges such as cold or vasoconstricting agents like caffeine and nicotine.
- **Don’t lift anything with the affected hand.**
- **If you think the bandage or splint is too tight, it probably is.** Please call us.
- You should have a therapy appointment set up after surgery. This usually will be within 5-7 days. The therapist will take off your splint and make a new one for you. You are ok to shower and get the wound wet at this point.
- **Call us to be evaluated for any redness, increased heat or anything that looks like an infection.**
- **An increase in pain days out from surgery usually means you are doing too much with the arm.** If it continues despite rest, please call.

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