

GLENELG
ORTHOPAEDICS



Dupuytren's Surgery Post Op Care Instructions

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In the case of any increased pain , redness or discharge at wound site please contact me ASAP – Pager available 8378 2179 or Rooms 8376 9988

Dupuytren's Surgery

Post Op Care Instructions for patients

1. At surgery you will have a plaster fitted which will remain on for 7-10 days.
2. Whilst your arm is in plaster, you should elevate your arm above your heart as much as possible for the first 7 days. A sling does not get enough elevation. It should be near your ear – easier resting your elbow on a window pane in a car, on the back of sofa when lying flat, or on pillows resting against your chest when flat in bed.
3. Should arm or hand become increasingly painful, which does not settle with rest and elevation, then **contact me ASAP on 83782179** or my rooms. If unable to contact me please go to the casualty department of a major hospital ASAP.
4. If you notice any discharge from the wound it is also important to contact me ASAP on 83782179 or my rooms.
5. You will have the plaster removed at 7-10 days and your wound checked. Sutures will be removed 7-10 days following surgery. If you have not received your appointment for this please phone Debbie on 83769988 to arrange a time.
6. Once the plaster is removed we will make an appointment with a hand therapist who will fit you with a night splint and also instruct you on exercises to do. To get the best outcome from your surgery it is important you actively continue with these exercises.
7. You will continue to see me regularly following plaster removal. These appointments will vary depending on wound healing and progress.
8. You usually will be able to return to work and drive between 2-3 weeks following surgery.