

## What is Dupuytren's?

Dupuytren's is a hereditary condition affecting the tissue beneath the skin of the palm. It causes the fingers to contract into a bent position.

Following surgery, hand therapy is essential in assisting wound healing, minimising the effects of scar tissue, restoring normal movement and regaining hand strength.



## Wound care

Your first hand therapy appointment will be scheduled within 3-5 days of surgery. At this appointment, your bulky post-op dressings will be removed, and your wounds will be checked and redressed. You may need to have your dressing changed between your first and second post-op visits. This can be done at your home or at your local GP clinic.

## Splinting

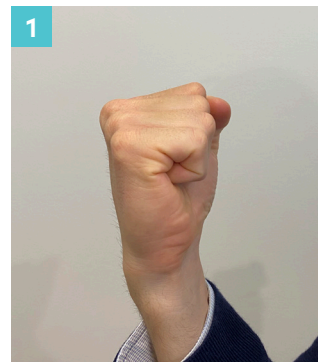
Your hand will be fitted with a custom-made splint. Your splint will keep your fingers straight and prevent them from contracting down again due to the formation of scar tissue. You'll need to wear your splint at night for a minimum of 3 months.

**Please bring your splint to each appointment.**



## Excercises

At your first hand therapy appointment, you'll be shown gentle finger and thumb exercises. These will increase once your wound has healed. Most patients need weekly therapy for the first 6-12 weeks.



## Scar management

Once your wound is completely healed (this can take several weeks), you'll need scar massage several times a day. A silicone scar pad will be made for you and should be worn against the skin under your night splint. This will help soften and flatten the scar tissue.



---

### Newcastle Private Specialist Centre

Medical Suites 2.3-2.4, 26 Lookout Road  
New Lambton NSW 2305

**(02) 4957 7900**

### East Maitland

92 High Street  
East Maitland NSW 2323

**(02) 4933 0611**

**[handtherapycentre.com.au](http://handtherapycentre.com.au)**