

# Dupuytren's Fasciectomy



McRae Plastic Surgery

## POST CARE INSTRUCTIONS

- ◆ It is important to keep your hand elevated at all times during the first week. Failure to do so will result in increased swelling and discomfort, as well as delaying wound healing and recovery.
- ◆ Dr. McRae routinely sees follow up visits at two weeks for this procedure. Should you have any concerns, please call 905-573-4823 for a follow up appointment.
- ◆ Post-operative dressing generally involves a plaster splint to keep the finger straight. This should be worn for 1-2 weeks. Beyond this, a night splint can be made by a hand therapist for up to 2 months to prevent the finger from contracting down. If you are having issues with stiffness of the fingers, discuss with Dr. McRae if you should stop or continue night splinting.
- ◆ The incision lines in the palm will be sore for about 2 months. Once the splint is removed, please use liquid antibacterial soap. The soap can be used directly over the incisions. The hand should be dried and polysporin applied over the incision line. Be gentle with the incisions so as not to disrupt them. The stitches are absorbable and will fall out with daily washing and massage.
- ◆ You are encouraged to see a hand therapist after surgery for a removable night time splint as well as for range of motion exercises.

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