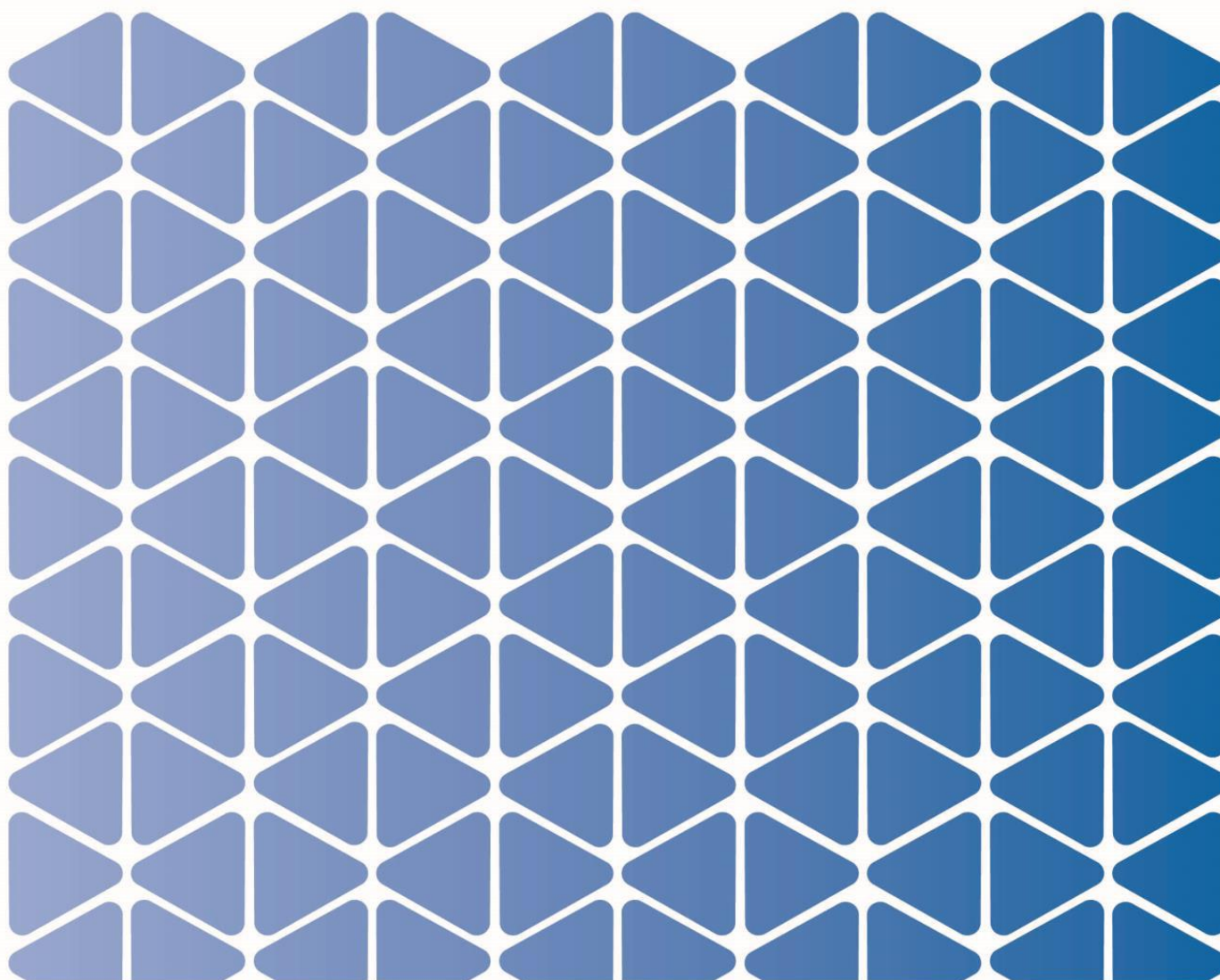




PATIENT INFORMATION

Occupational Therapy & Physiotherapy

AFTER CARE FOLLOWING DUPUYTREN'S CONTRACTURE SURGERY



The following advice is for patients who have undergone surgery (fasciotomy or fasciectomy) for Dupuytren's disease.

SPLINTING

Your Consultant may have requested a splint to maintain the finger extension achieved by the surgery. The splint should be worn at night only, unless advised differently by your Therapist. Cotton stockinette can be worn under the splint to absorb perspiration. Refer to your splinting leaflet for more information and for advice on cleaning your splint.

HAND HYGIENE

Use unperfumed soap or wipes to wash your hand. Do not wash across any unhealed wounds. Ensure your hand is dry before reapplying the splint. Cover your hand with a plastic bag when showering until wounds are healed.

CONSIDERATIONS

Please take pain killers before treatment sessions as we will be moving your fingers and hand. You may experience some numbness or tingling following the surgery. This should resolve in time.

DAILY ACTIVITIES

To reduce the swelling in your hand, rest your arm on cushions or pillows for support. Try to ensure that your hand is supported higher than the level of your heart – this helps the swelling to go down. Take care when using your hand post-surgery. Avoid lifting, sport and activities that require power grip. Do not drive. You may return to manual work, sport and driving 4 weeks post-surgery.

EXERCISES

Week 1:

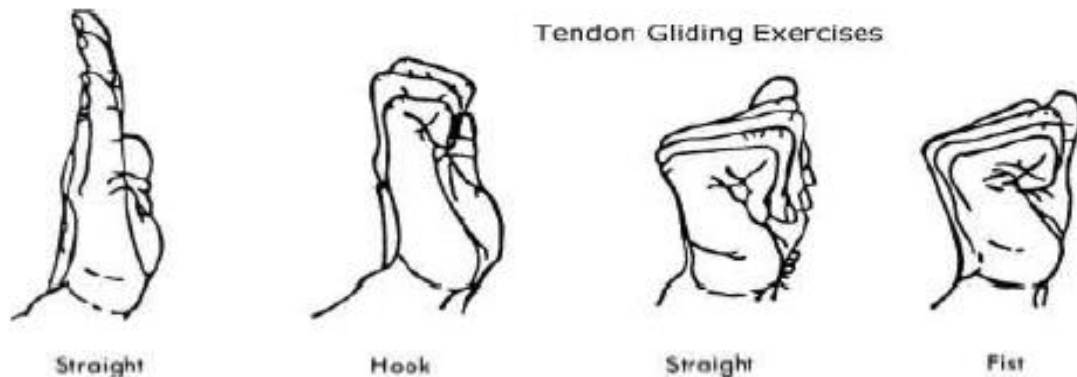
Exercises should be carried out as pain allows. Your therapist will advise on the frequency.

- a) Bend and straighten your fingers to try and make a fist.
- b) Touch your thumb to each fingertip.
- c) Span all fingers and bring fingers together- keeping fingers straight. Ensure you keep moving your shoulder, elbow, wrist and non-affected fingers to prevent stiffness.

Week 2 onwards

Continue previous exercises plus;

Tendon gliding exercises as illustrated,



SCAR MANAGEMENT

Once your wounds are fully healed and sutures are removed, your Therapist will teach you how to massage the scar using a non - perfumed moisturiser. This will help to keep the hand and scar tissue as flexible as possible. During the course of your treatment, other exercises or advice may be given dependent on your progress.

CONSENT TO TREATMENT

Following assessment, your Therapist will discuss treatment options with you explaining the benefits and any risks (if any). Your Therapist will ask for your verbal consent before commencing assessment and treatment and in certain situations, you may be asked for written consent.

Information about you is recorded and used to support planning, delivery and monitoring of your care. This information, typically anonymised, may also be used to support NHS planning, teaching and research.

USEFUL CONTACT NUMBERS

Worcestershire Royal Hospital

Occupational Therapy 01905 760683

Physiotherapy 01905 760622

Alexandra Hospital, Redditch

Occupational Therapy 01527 512146

Physiotherapy 01527 512114

Kidderminster Hospital

Physiotherapy 01562 823424

Issued by:

Occupational Therapy and Physiotherapy

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.