

Plastic Surgery  
Wexham Park and Heatherwood Hospitals

## Dupuytren's Contracture

### What is Dupuytren's Contracture?

This is a condition affecting the hand where lumps and/or bands of thick fibrous tissue form immediately under the skin. The diseased tissue gradually tightens, pulling the fingers towards the palm and sometimes making it difficult to hold things. The affected finger can get in the way and get caught.

The condition has the tendency to recur after treatment and further surgery may be required.

### What are the benefits of an operation?

The aim of the operation is to remove the diseased tissue and straighten the affected finger/s as much as possible.

### What would happen if I did not have the operation?

The fingers may become more firmly fixed and when operated on it may be harder to stretch the fingers back into a good position.

### How long will I be in hospital?

This operation can usually be done as a day-case.

### What happens before the operation?

The operation will be discussed with you by a doctor and you will be asked to sign a consent form. You will be allocated a bed on a ward and taken to theatre from the ward.

### What happens after the operation?

Your hand will be bandaged with a bulky bandage. You will be given a sling to wear to keep your hand raised to minimize swelling and bleeding. This should be worn for at least 48 hours following the operation. You will be given an appointment to attend the Plastic Dressing Clinic two to three days after surgery where the dressings will be removed and a smaller dressing applied. You will also have a splint made at this visit to help stretch the fingers at night. You will return to the clinic after 14 days following the surgery so that the stitches can be removed.

### What activities will I be able to do after my surgery?

You will be able to carry out your personal care with assistance. It is important to keep your dressings dry for two weeks. You will have a much smaller dressing after your visit to the Dressing Clinic. At that visit, you will also be shown exercises, which will help improve the flexibility of the finger/s affected. We do not recommend driving until the stitches have been removed and you feel safe at the wheel. This is usually at least two weeks after the operation but depends on the extent of the surgery.

### How much pain can I expect?

Most patients do not feel much pain following this operation, but you will be prescribed painkillers to use at home.

## When can I return to work?

Depending on the type of work you do, you may need up to two weeks off work until the stitches are removed.

## When should I seek help?

You should seek advice if the pain increases or the hand becomes red or more swollen and the fingertips change colour from white to blue.

## Where should I seek advice or help?

During the first 24 hours after surgery ring the unit where you were treated. After 24 hours ring the Dressing Clinic, Mon – Fri, 8:00 am – 3:30 pm, telephone number 01753 633031.

<b>Heatherwood</b>	Day Surgery Unit: 01344 877141 open 8am-6pm
<b>Wexham Park</b>	Day Surgery Unit: 01753 634570 open 8am-6pm

<b>Advice about your wound</b>	<ul style="list-style-type: none"> <li>• <b>Practice nurse at your GP surgery</b></li> <li>• <b>Urgent Care Centre Bracknell</b> Brants Bridge, off London Road, Bracknell RG12 9BG Tel: 01344 551100. Open 8am – 8pm daily</li> <li>• <b>NHS Walk-In Centre Slough</b> Upton Hospital, Albert Street, Slough SL1 2BJ Tel: 01753 635505 Monday-Friday 7am-10pm Weekends 9am-5pm</li> <li>• <b>Urgent Care Centre, Maidenhead</b> Outpatients Department, St Marks Hospital, Maidenhead SL6 6DU Tel. 0300 024 2000. Monday-Friday 8.30am – 5.00pm, Weekends and public holidays 9.00am – 1.00pm</li> </ul>
<b>Advice about painkillers</b>	<b>Visit your local pharmacist</b>
<b>General health enquiries</b>	<b>Ring NHS 111 (24 hours)</b>
<b>Urgent or severe problems</b>	<b>Call your GP or go to your local A+E</b>

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Patient Advice and Liaison Service on:  
**Telephone: 01753 633365**  
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