



Dupuytren's Contracture Post-Operative Instructions

- **Day of Surgery Instructions**
 - **DO NOT** remove post-operative bandages until instructed.
 - Keep procedure site including bandages dry. If bandages become wet to change area with new band aids.
 - Following your procedure, you may resume pre-operative diet and medications.
 - If you use an assisted device such as a cane, or walker you may resume regular use.
 - You are allowed to use your hand for activities of daily living.
 - It is normal to have increased pain following your procedure.
 - If you experience soreness, you may take over the counter Advil or Tylenol as directed on the bottle.
 - It is normal to have increased swelling following your procedure.
 - Ice and elevate your hand at least 10-15 minutes every hour as needed.
 - **Day 1 After Surgery Instructions**
 - You MAY REMOVE post-operative bandage.
 - After removing the post-operative bandage, cover the procedure site with a new band aid every day until your 1-week post-operative appointment.
 - You may shower without covering your procedural site after removing the post-operative bandage.
 - When showering **DO NOT** scrub the procedure site.
 - **DO NOT** soak (pool, hot tub, dishwasher, etc) the surgical incision in any type of water.
- Pat dry the procedure site before covering with a band aid.
You **DO NOT** need to put any ointment on the surgical incision.
- No Neosporin.
 - No lotions.

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- **Contact physician's office for the following symptoms:**
 - Increased temperature over 101 degrees
 - If fingers turn white, cold or numbness increases.

Post-operative physician's appointment: _____