

Patient Instructions following DUPUYTREN'S EXCISION SURGERY

Dr. Noor Alolabi, Plastic and Reconstructive Surgeon



FOLLOW UP APPOINTMENT

Date: _____ **Location:** Fracture Clinic, Section D (Oakville Hospital)

SURGICAL SITE CARE AFTER SURGERY

- Keep the dressing dry and in place until your follow-up appointment with the hand therapist. To shower, place a waterproof bag with an elastic band around the base to keep it dry.
- Do not use the hand until your therapy appointment. You may use it for light activities such as getting dressed, eating, typing, etc. after this appointment. Do not perform any heavy lifting or tight gripping for 6 weeks following surgery.
- The cleaning solution used in surgery is pink. Do not be alarmed if your forearm or fingertips are pink, it is not an infection.
- Your sutures are dissolvable and won't need to be taken out

PAIN MANAGEMENT AFTER SURGERY

- The local anaesthetic (freezing) used will last for 4-8 hours and sometimes even longer. It is advised to take the prescribed or an over-the-counter pain medication once the tingling in the fingers starts to wear off.
- Take the prescribed pain medication as needed for the first few days after surgery. You can supplement this with Advil if needed.
- Keep your hand elevated when sitting or lying down to minimize throbbing and swelling.

SCAR CONTROL AFTER SURGERY

- After 2 weeks from surgery, massage the incisions multiple times a day for 2-3 months.
- Purchase "Silicone Gel" and apply over the scar for 2-3 months. This can be purchased from Dr. Alolabi's office.

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