

### **Dupuytren's Contracture Release**

NOTE—All patients should be treated for edema control, scar management, silicone gel and desensitization as needed.

#### 4-6 Days Post Op

Wound Care—apply hydrogen peroxide and sterile water 1-2 times per day.  
Dress with Adaptic or Xeroform with 2x2 and gauze.

AROM—4 times per day (avoid full extension if blanching occurs)

Edema control

Extension splint—hand based (at times forearm based) at all times except during exercises for 2 weeks. Increase splint extension as patient can tolerate.

#### 10-14 Days Post Op

Wound care as indicated  
Possible suture removal  
Regular hand washing resumes

Continue full time splint use except during exercise and bathing  
Assume full digit extension within the splint  
Scar massage and scar management

Begin AAROM and gentle PROM, joint blocking and reverse blocking

#### 3-4 Weeks Post Op

Continue with splinting at night only  
LMB splinting PRN  
Continue with exercises

#### 6 Weeks Post Op

Initiate putty

Stress night extension splinting PRN.