

Advice and Exercise Sheet Plastics Hand Therapy Team

Fasciectomy

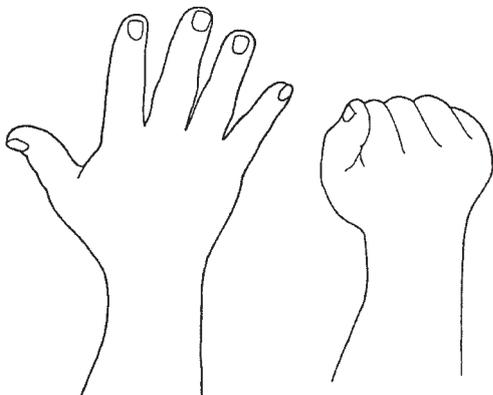
Introduction

You have been referred to Hand Therapy following your Fasciectomy surgery to remove the Dupuytren's disease from your hand.

It is important that you attend your Hand Therapy appointments and follow the advice given to gain the best movement and function in your hand.

Exercises

1. Stretch your fingers out straight (within the limits of your pain and wound), then make a tight fist. Help the finger tips towards your palm using your other hand, then try to keep them there.



2. Touch the tip of your thumb to the tip of your little finger, then slide your thumb down to the base of your little finger as far as able. Then bring your thumb back and out to the side.



Repeat these exercises 10 times every hour during the day.

Splint

The splint is fitted to help get your fingers as straight as possible. It should be worn day and night for the first two weeks after your surgery and only removed every hour during the day to do exercises.

For the first two weeks try to only use your free fingers for light activities. Elevate your hand whenever possible to help reduce swelling.

Do not allow the splint to come into contact with any form of heat, e.g. hot water, radiators or fire as it will soften and lose its shape.

Please remember to bring your splint with you to each appointment.

After two weeks

- You can stop using the splint during the day, but should continue wearing it at night for up to 6 months or until the hand no longer feels stiff and you can straighten your fingers with ease.
- Gradually increase the use of your hand for daily activities as comfortable.
- Continue the hand exercises
- When the wound is healed start to massage the scar for about 5 minutes 4 times per day with firm circular movements.
- Return to driving once comfortable and confident with good pain free movement.
- If the hand is still swollen keep it elevated when not in use
- Do not force your fingers straight or overpress them into hyperextension (e.g. on the table) until advised by your therapist.

After six weeks

- Gradually return to full functional use.
- Continue with your exercises and scar massage until you have full movement and the scar is no longer tight and lumpy (this may take several weeks or months).

If you have any concerns regarding pain, movement or scarring please contact your therapist.

Contact numbers

Hand Therapy team **01392 402429**

Therapist

If you have any problems over a weekend or after 5pm Monday-Friday you will need to contact Otter ward on 01392 402807 or attend the Emergency department.

Special instructions – notes

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