

In the case of complaints (pain, discolouration of the fingers, impaired sensory function), you should visit a doctor or our outpatient clinic.

We hope that this information is of some assistance to you and would be happy to answer any further questions you may have at any time.

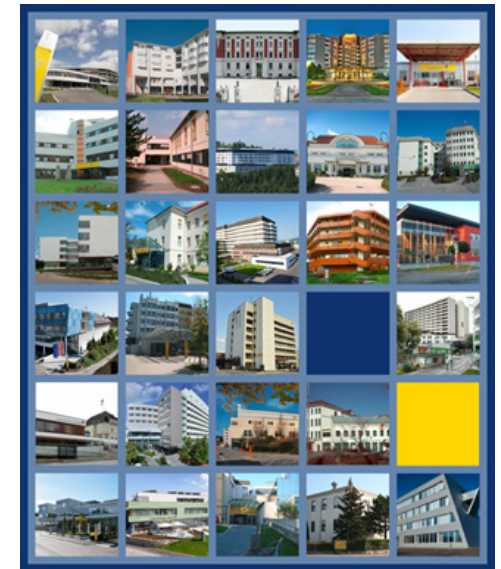
We wish you a speedy recovery!

Your surgical team

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Infoblatt Dupuytren'sche Kontraktur

Surgery Discharge information



Guidelines following surgery for Dupuytren's contracture

Dear patient ,

You have undergone surgery for Dupuytren's contracture.

Further to our discussion when you were discharged and the doctor's letter, we would like to provide you with some more information relating to the time after your stay with us.

Please observe the following to ensure the most favourable treatment outcomes:

After discharge

- Ensure that the bandage does not get wet.
- Do not allow your arm to hang down for too long (carrying it at the same height as your heart is recommended).
- Do not use a triangular bandage (puts pressure on the cervical spine and causes stiffening of the shoulder).
- If necessary, physiotherapy (finger exercises) may be prescribed.

Removal of stitches and scar treatment

- Your stitches will be removed 10-14 days after surgery.
- After surgery, you will receive a referral for occupational therapy; we recommend that you take this up as a matter of urgency once your stitches have been removed.
- A healing ointment (marigold salve) can be used to treat the scar.
- We recommend massaging the scar using small, circular movements.

General information

- Slight swelling, loss of strength, restricted movement and minor sensitivity disorders in the affected hand are normal during the initial weeks.
- Driving is not permitted until full functionality has returned to the affected hand.