

## Dupuytren's Open Procedure Post Operative Rehabilitation Protocol

### Following Surgery:

- Expect a surgical bulky dressing and extension splint to be kept in place for 3-5 days.
- Elevate and ice for at least 3 days.
- Continue to elevate as often as possible until your next clinic visit. (Elevate above your heart.)
- Shower with a plastic bag covering the splint and seal with tape.
- Take your pain medicine as needed and as prescribed. Call if any problems or questions arise.

### 3-5 Days Post Op (at therapy):

- Your therapist will assist you with first dressing change and will show you how to do subsequent dressing changes.
- Therapist will make an extension splint for immobilization between exercises and at night.
- Therapist will address wound care, stretching, active and passive range of motion (ROM) exercises, scar management, edema control, and strengthening as appropriate (usually 2-3 visits per week).

### 10-14 Days Post Op:

- Follow up appointment in clinic with P.A. or M.D.
- Sutures will be removed.
- Continue to attend therapy and do home exercise program.

### 3-6 Weeks Post Op:

- Functional daily use of hand permitted as able.

### 6-8 Weeks Post Op:

- Follow up appointment in clinic with M.D.
- Depending on the extent of the incision, wound should be healed.

### 3-6 Months Post Op:

- Continue to wear splint at night to maintain extension (if indicated by M.D.).
- Gradual return to normal activities.

