



THE ORTHOPEDIC PARTNERS
AN RCM CLINIC

PARK CITY • HEBER CITY • SALT LAKE CITY

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**Dupuytren's Release
Post-Operative Protocol**

Day 0-14	<ul style="list-style-type: none">● No lifting greater than 1-2 pounds<ul style="list-style-type: none">○ May do self-care activities as well as light duty work such as typing and writing● Make a fist 5 times an hour while awake<ul style="list-style-type: none">○ Take care to avoid over-extending fingers so as to not stress the incision site. The skin on the palm of the hand is tight; wound healing problems can manifest if the wound edges at the surgical site separate.● Keep hand elevated above the level of your heart● Keep post-operative dressing in place● Keep dressing clean and dry
Follow-up Visit (day 10-14)	<ul style="list-style-type: none">● Stitches are absorbable● May get incision wet, but may not soak (bath tub, swimming, hot tub, etc.); pat area dry.<ul style="list-style-type: none">○ Once incision site is fully healed, water activity is unrestricted
4 weeks Follow-up	<ul style="list-style-type: none">● **If there was tension in the OR, splint x 1-2 months at night only