



ORLANDO HAND SURGERY ASSOCIATES  
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## **Dupuytren's Open Release**

### **No Skin Graft Used - 3 days:**

The post-operative dressing is removed and a light dressing and edema control with Coban on the fingers applied as needed. Elevation is emphasized. Wound care is bacitracin, Neosporin or Vaseline 2x/day with light sheen and soft dressing. Patient may wash hands with soap and water and shower freely.

Splint: A forearm-based static volar extension splint with the MCP's and IP's in extension is fabricated for night-time use and use between exercises.

Motion: Active and Passive Range of Motion exercises are initiated two to four times daily, with special emphasis on restoring MCP flexion while splinting in extension. If patient is having problems regaining MCP flexion, alteration in splinting position for additional resting MCP flexion can be considered

### **Skin Graft Used – 7 to 10 days:**

The post-operative dressing is removed and a light dressing and edema control with Coban on the fingers applied as needed. Elevation is emphasized.

Splint: A forearm-based static volar extension splint with the MCP's and IP's in extension is fabricated for night-time use and use between exercises. The skin graft site must be protected from abrasion/shear for 1 month.

Motion: Active and passive range of motion exercises are initiated two to four times daily, with special emphasis on restoring MCP flexion while splinting in extension. If patient is having problems regaining MCP flexion, alteration in splinting position for additional resting MCP flexion can be considered

### **3 weeks:**

- Consideration can be given for dynamic splinting if evidence of a recurring PIP or MCP contracture
- Return to activities of daily living as tolerated is strongly encouraged



**6 weeks:**

Splint: Daytime splinting is discontinued if patient has progressed well. Night-time splinting is continued for 4-6 months post-operatively

Motion: Active and passive range of motion exercises are continued if necessary. May begin strengthening when full ROM achieved.

Please call with questions or concerns at the phone number above.