

OS06lite Dupuytren's Fasciectomy

This document will give you information about a Dupuytren's fasciectomy. If you have any questions, you should ask your GP or other relevant health professional.

What is Dupuytren's disease?

Dupuytren's disease is a condition where scar-like tissue forms just beneath the skin of the fingers and the palm of the hand. Over time, this fibrous tissue can contract and force one or more fingers to curl up into the palm. This is known as Dupuytren's contracture (see figure 1).

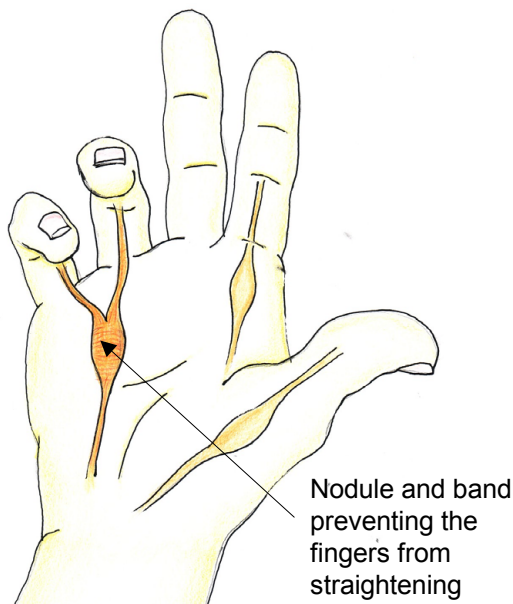


Figure 1

Dupuytren's contracture causing deformity of fingers

What are the benefits of surgery?

After surgery, you should be able to make better use of your hand and straighten the affected fingers more.

Are there any alternatives to a Dupuytren's fasciectomy?

Your surgeon may be able to perform a needle aponeurotomy. This may have a higher chance of the contracture coming back sooner.

The most effective treatment for Dupuytren's contracture is surgery.

What does the operation involve?

A variety of anaesthetic techniques are possible. The surgery can range from simply cutting a fibrous band in the palm of your hand to removing all of the affected skin and replacing it with skin grafts.

What complications can happen?

1 General complications of any operation

- Pain
- Bleeding
- Infection of the surgical site (wound)
- Scarring

2 Specific complications of this operation

- Injury to the small arteries in a finger
- Incomplete correction of the Dupuytren's contracture
- Stiffness of the finger joints
- Numbness
- Wound-healing problems
- Severe pain, stiffness and loss of use of the hand (Complex Regional Pain Syndrome)

How soon will I recover?

You should be able to go home the same day.

Regular exercise should help you to return to normal activities as soon as possible. Before you start exercising, you should ask a member of the healthcare team or your GP for advice.

It can take some time for your hand to settle down after surgery. The scars can be fairly thick at first.

Dupuytren's disease will probably come back in most people eventually, but will not always need further surgery.

Summary

A Dupuytren's fasciectomy should give you a worthwhile improvement in the function of your hand.

Further information

- NHS smoking helpline on 0800 022 4332 and at www.smokefree.nhs.uk
- www.eatwell.gov.uk – for advice on maintaining a healthy weight
- www.eidoactive.co.uk – for information on how exercise can help you
- www.aboutmyhealth.org – for support and information you can trust
- www.eatonhand.com
- Dupuytren Society at www.dupuytren-online.info
- American Academy of Orthopaedic Surgeons at www.aaos.org
- Reflex Sympathetic Dystrophy Syndrome Association at www.rsds.org
- Internet Society of Orthopaedic Surgery and Trauma at www.orthogate.org
- NHS Direct on 0845 46 47 (0845 606 46 47 – textphone)

Acknowledgements

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Issued June 2010

Expires end of December 2010



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