

# Home advice for patients who have undergone Dupuytren's contracture surgery



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## Following your minor operation:

- Use the sling for the day of your operation
- Use the sling if you go out whilst your hand is still tender
- Keep your hand higher than your shoulder for a week
- Exercise your hand at least every hour by making a fist and then fully opening your hand
- Stretch the affected fingers by pushing on the crease of the last joint of the finger (not the end of the finger) and counter pressure on the other knuckles of the fingers – maintaining the stretch for at least a minute. This should reach the limit of pain and not beyond. Repeat several times an hour.
- Move your arm above your head several times a day to keep your shoulder mobile
- Keep your dressing clean and dry until your outpatient appointment
- Only remove the pressure dressing if requested
- Return to your normal activity as soon as you are able

## For 24 hours following your general or local anaesthetic:

1. Do not drive a car, ride a bicycle or operate machinery
2. Do not lock the bathroom or toilet door
3. Do not make important decisions or sign documents
4. Do not drink alcohol
5. If there are any problems after you return home, please telephone your GP

The Day Care Unit is open Monday to Friday from 0700 hours to 2200hrs. Should you have any concerns following your discharge home please do not hesitate to contact us on 01493 452022 or 01493 452029.

Out of these hours please contact NHS Direct on 111 or if you feel it is an emergency attend your local A&E department.

## Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/ department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

### Trust Values

- Courtesy and respect
- A welcoming and positive attitude
  - Polite, friendly and interested in people
  - Value and respect people as individuals  
So people feel **welcome**
- Attentively kind and helpful
- Look out for dignity, privacy & humanity
  - Attentive, responsive & take time to help
  - Visible presence of staff to provide care  
So people feel **cared for**

- Responsive communication
- Listen to people & answer their questions
  - Keep people clearly informed
  - Involve people  
So people feel **in control**
- Effective and professional
- Safe, knowledgeable and reassuring
  - Effective care / services from joined up teams
  - Organised and timely, looking to improve  
So people feel **safe**



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

**For a large print version of this leaflet, contact PALS 01493 453240**