

# DUPUYTREN SURGERY INSTRUCTIONS



MCRAE  
PLASTIC SURGERY

## MCRAE PLASTIC SURGERY

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SMH MARTIN CENTER CLINIC  
BOOKING LINE: 416-864-5280

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HAMILTON, STONEY CREEK  
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After surgery you will be in a soft dressing.

Please keep your hand elevated above your heart as much as possible. This is particularly important at night when the hand should be propped up on pillows.

Do not use a shoulder sling as this can cause frozen shoulder.

You should continue to move your fingers after surgery to prevent stiffness but you should not lift heavy objects (nothing over 10 pounds) with the hand for a month post surgery.

The soft dressing should remain in place for at least a week. If you have fur bearing animals in the household you are encouraged to keep the incision lines covered until healed.

After a week you can wash the incision line daily with soap and water. You can also soak the hand for 3-4 minutes in warm Epsom salt water daily. This encourages healing, keeps the area clean, and can improve finger range of motion. Polysporin can be used on the incisions from day 7 to 14 after surgery.

The sutures are dissolving but generally take 3-4 weeks to do so. They can be removed by your surgeon at a post-operative visit.

Pool water, dishwater, lake or pond water should be avoided due to infection risk.

You are encouraged to see a hand therapist after surgery. They can help you with finger swelling (edema) and range of motion exercises. The therapist can fashion you a night time splint to help prevent the fingers from resuming a flexed position.

Smoking after surgery is strictly prohibited. Smoking significantly worsens healing, increases the chance of infection, and worsens post-operative stiffness.

Please first take the maximum non-narcotic pain medications that you are prescribed (such as Tylenol and advil). Narcotics should be used only if these medicines are inadequate for pain control. Narcotics should not be used for more than a week post-surgery.

Call the Martin Center for a follow up visit 2-3 weeks after surgery at 416-864-5280.

If a follow up visit is necessary, the Martin Center booking line for follow up visits with Dr. McRae in Toronto is 416-864-5280.

