PATIENT INFORMATION FOLLOWING DUPUYTREN’S CONTRACTURE

Dupuytren's Contracture is a fibrous band of tissue, which causes deformity of the hand by banding and fixing one or more fingers. Treatment involves surgery under general anaesthetic, which will release this fibrous band of tissue to enable you to move your fingers more easily.

Following Your Surgery:

You will have a large dressing on your hand. This will be reduced 24-48 hours after your operation either at OPD or by your practice nurse.

The operation site needs to be kept clean and dry until the stitches are removed. After 24 hours you can wash or bathe your hand ensuring the wound is properly dried. A light dressing is all that is required after 24 hours.

You will have local anaesthetic in your hand this will last for 4-6 hours. Take care during this period as your hand will be numb and your sensations compromised. You may experience some mild to moderate pain. Taking pain relief can relieve this. Always follow instructions on packet.

Should any bleeding occur, apply moderate pressure and raise your hand.

You may experience some swelling in your fingers and hand; this is normal. If resting at home you may wish to elevate your hand on a pillow. Gently massaging your fingers will also help.

You will have sutures in your hand. These will be removed 7-10 days after your operation either at OPD or your practice nurse. Your hand may take longer than this to heal properly.

You will be referred to Physiotherapy department and Occupational Therapy department for exercises.

A letter will be sent to your GP within the next few days.

To contact us by telephone:
Day Surgery Mon - Fri 07:30am – 15:30pm 01856 888263
Outpatients Mon - Fri 08:00am – 20:30pm 01856 888121

If your call is out of these hours please contact your own GP or NHS 24. Telephone 08454 24 24 24
Data Protection
Throughout the NHS, information about your treatment and care is recorded and is available to other health and social care professionals who are directly involved in and/or need access to it to plan your care. Some of this information may be used to ensure that we maintain a high quality of service and care and to aid in planning services.

Under the Data Protection Act you may request to see what information is held about you and you may refuse the recording of particular items of information. If you have any queries or concerns about your medical records please contact our Data Protection Officer: (01856) 888281.

Complaints
If you have any complaint regarding any aspect of the service you receive please speak, in the first instance, to someone involved in your care. NHS Orkney can provide further guidance. This can be obtained by contacting our Complaints Officer on (01856) 888221 or by via the web at the following address:

http://www.ohb.scot.nhs.uk/RightsCommentsComplaints/rights.htm

Support of Students
At NHS Orkney, we support students undertaking courses from a variety of Universities. Supervised students may participate in your care.

Patient Information
This leaflet is also available in large print. If you require any patient information in a different format and/or language, please contact the Clinical Effectiveness Department at Balfour Hospital on (01856) 888283.

Feedback from patients helped us develop this leaflet. If you have any comments or suggestions as to how we can improve this leaflet, please let us know.