



Dupuytren's Contracture Needle Aponeurotomy Dr. Bakker's Post-op Protocol

IMPORTANT INSTRUCTIONS FOLLOWING SURGERY:

- You will attend hand therapy on the same day you have the procedure to fabricate a hand based static extension splint for the involved fingers. The splint will be worn at night for 3 months.
- When sitting or lying, you should use pillows to support your surgically affected extremity, especially when sleeping.

REFERRAL TO HAND THERAPY:

- You should schedule an appointment with hand therapy (OT) on the same day as your procedure with Dr. Bakker. Depending on the clinic where hand therapy will be performed, please contact our Edina office at 952-456-7000 or our Plymouth office at 763-520-7870.

WEEKS 0-1:

- You may remove the procedure dressings and apply a band-aide or light dressing.
- Perform gentle range of motion exercises with your fingers. Your hand therapist will provide you with exercises.
- Edema reduction techniques as needed.
- You may apply ice 20-30 minutes three times daily if you experience swelling.

WEEKS 2:

- Schedule a re-check visit with Dr. Bakker.
- Your therapist may adjust your extension splint if needed.