



# FIXING BROKEN WINGS

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## Dupuytren's

### What is Dupuytren's (the Viking Disease)?

Dupuytren's is a condition that affects the palm and causes permanent bending of the fingers. The finger can not be straightened, even intermittently and with a lot of force.

Dupuytren's is a hereditary condition and some patients can recall a parent or grandparent who had curled fingers. The condition affects adults and can deteriorate rapidly or very very slowly.

#### Before Surgery:

You should stop your blood thinners 5 days prior to surgery to prevent bruising after surgery.

If you have any heart or lung problems, please call the anaesthetist to discuss.

Please think about getting a lift home with a friend or relative after surgery to avoid over-using your hand.

#### After Surgery:

The wound goes through various stages:



Initially there is a lot of blood which we can clean for you.

Then the skin becomes very dry.

We take out the sutures once it has healed, but the scar



can continue to thicken.



Once the wound has healed, you should try deep massage to break up any stubborn scar tissue. This can be done in conjunction with the use of Silicone Tape - please ask Dr Coll if your wound is ready for this. You can stretch your finger back to keep it straight. You should see Dr Coll around 3-5 days after surgery for wound cleaning and then 7-10 days for removal of sutures.



You are welcome to see the Cairns Hand Clinic for assistance with stretching and possibly splinting after surgery.

**Risk of Recurrence:**

This varies from 10% through to 80% and is dependent on the risk factors outlined in the diagram below:

