



After Your Needle Aponeurotomy

This handout explains follow-up care after *needle aponeurotomy*, a procedure to treat Dupuytren's contracture that does not use surgery.

Questions?

If you have questions or concerns:

Weekdays 8 a.m. to 4:30 p.m., call the Hand Center at 206-598-4263 and ask to speak to the Nurse.

After hours and on weekends and holidays, please call 206-598-6190 and ask for the Hand Fellow on call to be paged. Your call will be returned.

What to Expect After Your Procedure

- Your fingers will be numb for a few hours.
- You will be able to drive yourself home.
- You will leave the clinic with a bulky, soft gauze dressing (bandage) on your hand. This will protect your hand and wound. It will need to stay on for 2 days. Please keep your dressing clean and dry during this time. Cover it with a plastic bag when you shower.
- You may have swelling and bruising in your hand. To lessen these symptoms, limit how much you move your hand. Also, keep your hand elevated on pillows when you are sitting and lying down. You may use ice as needed to reduce swelling.
- You will receive a prescription for pain medicine. Use this medicine only if you need it. Most people do not need pain medicine other than acetaminophen (Tylenol), ibuprofen (Advil, Motrin) or naproxen (Aleve, Naprosyn).
- You will also receive a prescription for oral antibiotics. You will need to take these for 48 hours after your procedure, as prescribed.
- You may use your hand for all your normal activities. After your dressing is removed, you may shower with your hand uncovered.

Follow-up Visits

Hand Therapist

You will need to meet with a Certified Hand Therapist 2 days after your procedure. The therapist will remove your dressing and make you a hand splint. You will need to wear this splint at night for the next 4 months. The hand therapist will also teach you finger exercises. You will need to do these exercises several times a day for several months to help regain mobility in your hand.

Hand Center Doctor

Please make an appointment to see your doctor in the Hand Center for a follow-up visit 2 to 3 weeks after your needle aponeurotomy.

UW Medicine

UNIVERSITY OF WASHINGTON
MEDICAL CENTER

**Hand Center/
Bone and Joint Center**

Box 354740

4245 Roosevelt Way N.E. Seattle, WA 98105
206-598-4263