



*Excellence in  
Orthopaedic Surgery  
Since 1993*

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## Occupational Therapy Services

### Post Op Care

#### *Dupuytren's Contracture*

#### **3-5 Days Post-Op:**

- Dressings are removed.
- Pt instructed on wound care.
- Resting hand orthotic is fabricated with affected and adjacent digit in full extension (as tolerated).
- A/PROM/tendon gliding is initiated every hour (while awake) for 10 reps.
- Orthotic may be removed for up to 2 hours a day for light activity (orthotic to be worn at all other times including night).

#### **10-14 Days Post-Op:**

- Sutures are removed.
- Pt educated on scar management and scar pads are issued for night wear.
- ROM evaluated (if deficits in ROM, consider supervising exercise 2-3 times a week).
- Orthotic may be removed up to 4 hours a day for light activity.

#### **3-4 Weeks Post-Op:**

- Continue scar management and debride incision area if needed.
- Evaluate ROM (may use heat modalities if needed).
- Consider contrast bath if needed for edema management.
- Orthotic may be removed for up to 6 hours a day for light activity.

#### **5 Weeks Post-Op:**

- Evaluate ROM
- Begin progressive strengthening with putty or hand exerciser if needed.
- Orthotic worn at night only.

#### **6-12 Weeks Post-Op:**

- Pt to continue HEP for ROM and strengthening.
- Orthotic to be continued at night for up to 6-9 months following surgery.