



***Post-Operative Protocol  
Dupuytren's Percutaneous  
Needle Aponeurotomy***

**Peter Hoepfner, MD, MBA  
Hand & Upper Extremity Surgery**

**Immediately After Surgery:**

- Elevate the extremity and move the unaffected fingers to reduce swelling and prevent stiffness.
- Keep your bandage clean, dry, and intact until your first post-operative visit, unless instructed otherwise. You can purchase a cast seal to place over the bandage to keep it from getting wet while showering.
- You will receive local numbing medicine around the surgical site at the time of surgery. Numbness in the operative digit and adjacent digits is expected immediately after surgery, and in some patients, this can last for a few days after surgery.
- Refrain from lifting anything greater than 2 lbs (about the weight of a cup of coffee), or any vigorous squeezing, gripping, etc. with your operative hand.
- You will be provided with a referral for a custom molded splint. Schedule an appointment with an occupational/hand therapist 1-2 days after your procedure. The splint should be worn at night, but is not required during the day. Regularly gently curl up your fingers to form a full fist and fully straighten the fingers. Do this ten times per hour.

**First Post-Operative Visit (10-14 days after surgery):**

- Your bandage will be removed at this visit.
- The surgical site may now be washed with soap and water in the shower.
- Continue use of the extension splint for the first 3 months after surgery
- You can return to all activities as tolerated.