

## DUPUYTREN'S FASCIECTOMY

Dupuytren's disease is a disease of fibres that hold the palmar skin to the underlying tissues. This allows humans to grip objects without the skin of the palm slipping. This is a common disease in Northern Europeans and is said to originate from the Vikings. This is often inherited and can also affect the feet. It commonly affects men in the middle ages and its onset may be accelerated by trauma.

A band or nodule usually arises in the palm of the hand. This nodule then gradually progresses to becoming a band that pulls the ring, little and the middle finger down into the palm of the hand. This can affect other areas in the hand.



**Treatment-** An operation may be required depending on the stage of the disease. In some cases a selective procedure called '**needling**' can offer good temporary relief from the effects of the contracture. This is performed under local anaesthetic as an outpatient procedure. In other patients surgery may be required to cut out the diseased tissue. The skin is often refashioned using a zigzag incision. Occasionally in very aggressive cases a skin graft from the forearm or the inside of the arm may be used.

**Aftercare following Dupuytren's Fasciectomy** – the aftercare is mainly determined by the nature of the operation. The patient is normally encouraged to use his hand after the operation and is required to wear a splint only at night. Mr Khandwala normally uses dissolving sutures to close these wounds. A therapist is usually assigned to look after the patient. Mr Khandwala will advise you on the time to start driving and getting back to normal activities. In cases where a skin graft has been used, recovery may be longer.

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