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2026

After Hand Surgery: Dupuytren's Fasciectomy
Halifax Infirmary, QE II

What happened during my surgery?

- You had a surgery called Dupuytren's fasciectomy (du-pwee-tranz fash-ee-EK-tuh-mee).
- Your surgeon removed tight tissue in your palm or fingers to help straighten them.
- After your surgery, you will have a splint.

Can I move my fingers?

- You may move your fingers gently, as told by your surgeon.
- **Do not** force your fingers straight.
- **It is very important to follow the instructions given to you by your surgeon and physiotherapist**.

How do I care for my splint?

- Wear your splint as directed.
- **Do not** remove your splint unless your surgeon says it is OK.
- Keep your splint and your hand dry.
  - To bathe or shower, use a plastic bag or plastic wrap to cover your arm up to your elbow.
  - **Do not** soak your hand until your surgeon says it is OK.
- If your splint is soft or loose, call the Plastic Surgery Clinic.
  - Phone: 902-473-7518

Pain and swelling

- It is normal to have pain and swelling after surgery.
  - ☐ Your surgeon has given you a prescription for pain medication. Take it as directed.
  - ☐ You may also take acetaminophen (Tylenol®) or ibuprofen (Advil ®).
- **Do not** take acetaminophen and ibuprofen at the same time.

- **Do not** drink alcohol while taking pain medication.
- **Keep your hand raised above your heart for 3 days**. This may help to lower swelling.



Caring for your incision (cut)

- You will have Steri-Strips™. These should fall off on their own in 7 to 10 days.
- You will have swelling and bruising around your incision. This is normal.

Call your primary health care provider (family doctor or nurse practitioner) or surgeon if you have:

› Stiffness or pain that gets worse

› More redness or drainage

› A fever (temperature above 38 °C or 100.4 °F) or chills

If you cannot reach your primary health care provider or surgeon, go to the nearest Emergency Department right away.

Can I drive?

☐ Yes. **If you are not taking opioids**, you may drive 24 hours after surgery.

☐ No. **Do not drive until your surgeon says it is safe**.

Follow-up appointment

Plastic Surgery Clinic, Halifax Infirmary

› Phone: 902-473-7518

Date: _____ Time: _____

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: https://811.novascotia.ca

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