

**XIAFLEX INJECTION and MANIPULATION FOR DUPUYTREN'S
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- MD will inject contracture in the office.
- 2 days later, the patient will present to the office for cord manipulation.

SAME DAY AS RELEASE

Custom fabricated hand based digit extension splint.

Initiate A/AROM of digits and wrist.

Goal is to achieve maximum extension of the involved digits.

3 DAYS POST RELEASE

Continue with AROM of the digits 4-6 times a day. Emphasis is placed on light use of the hand when able.

NOTE:

It is recommended to wear the extension splint during the day for 1-2 weeks depending on extension of the digits. Patients can wear out of splint during the day, at 2 weeks. If an extension lag is present, the patient should return to the extension splint for 1 hour or until the extension lag is not present

The patient should continue splinting as long as an extension lag is present.

No strenuous activity for at least 4 weeks, with the affected hand, as the injection can weaken the skin and you are at risk of skin tear. It is common to have pain, bruising, bleeding, and swelling after the injection and manipulation.

Continue to wear the splint at night for up to 3 months post release. The patient can gradually wear out of the splint at night by wearing the splint every other night.

Occasionally, the LABCN or PIN may have temporary compression post op. This should resolve within 10-12 weeks post op. Educate patients on recovery, continue with massage, desensitization, and TENS may offset localized pain.

Patients are cautioned against unrestricted use of the arm until 6 months post op.