



DR CHEN TU PROTOCOL DUPUYTREN'S NEEDLE FASCIOTOMY

Post-operative instructions



Move early while choosing the correct dressing pathway and preserving the finger correction.

FIRST 48 HOURS DRESSING DRY—MOVE EARLY

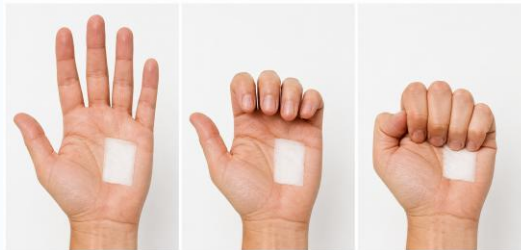
- Keep the dressing clean, dry and in place for 2 days.
- Elevate the hand for 24–48 hours and whenever swollen.
- Take your oral antibiotics exactly as prescribed.
- Straighten and bend the fingers often; make a loose fist.
- Use the hand for light tasks only.

Every 1–2 hours while awake:
5–10 gentle reps

Straighten • hook • loose fist
Move—do not force

IMPORTANT

- × Do not remove the dressing early
- × No strong grip or heavy lifting
- × No forceful stretch into pain
- Keep clean and dry



Straighten

Hook fist

Loose fist

DAY 2–2 WEEKS ROUTINE WOUND CARE AND MOTION

- Standard care: remove the dressing after 2 days once the needle holes are sealed.
- If a tiny spot remains open, cover it with a clean Band-Aid or similar dressing until sealed.
- Keep the area clean and dry; do not soak until the skin has closed.
- Keep moving; avoid strong grip until the skin has closed.



Sealed holes

Small opening

If ticked

Only if the box on the right is ticked:
leave the Hypafix on and dry for 2 weeks.

AFTER 2 WEEKS NORMAL USE—SPLINT ONLY IF TICKED

- Increase normal use once the skin is healed.
- Most daily tasks, desk work and driving can resume quickly when safe.
- Build heavier gripping, gym, gardening and manual work gradually.
- A splint is not routine.
- Only if the box on the right is ticked: wear the resting extension splint at night; add daytime wear only if directed. Remove it for exercises and hygiene.



If ticked

Straighten

Light use

A finger may work well without looking perfectly straight. Allow at least 6 months to mature before considering another release.

TYPICAL MILESTONES

1

FIRST 48 HOURS

- Dressing clean and dry.
- Oral antibiotics as prescribed.
- Frequent finger motion.
- Light use only.

2

AT 2 DAYS

- Remove routine dressing if holes are sealed.
- Band-Aid any tiny open spot.
- Drive once you can safely control the vehicle.

3

UP TO 2 WEEKS

- Needle holes should be sealing or healed.
- Resume most daily use as comfortable.
- Strong grip only once the skin has closed.

4

ONLY IF TICKED

- ☐ Keep Hypafix on and dry for 2 weeks.
- ☐ Resting splint at night; daytime if directed.

KEY POINTS TO REMEMBER



Antibiotics
as
prescribed



Move
fingers
from day 1



Routine
dressing
off at 48 h



Extra care
only
if ticked

CONTACT CLINIC / THERAPIST IF:

- redness, heat, swelling, pus or fever
- wound opens or dressing is wet/loose
- finger is numb, cold, pale or blue
- splint rubs, blisters or causes pressure