

Percutaneous Needle Fasciotomy (PNF)

Discharge Advice

Date ____/____/____

Consultant _____

You underwent a procedure under local anaesthetic of Percutaneous Needle Fasciotomy (PNF) to release Dupuytren's disease contractures to your _____

Post-operative advice:

Skin Tears: The skin tears in most cases will heal spontaneously in a few days. You can leave them exposed as soon as they are scabbed over and dry.

Movement: You can start using your hand and moving your fingers right away, but it is normal for the area where you had the operation to be sore for a few days, and you may need to take some painkillers.

Exercising: It is important that in the weeks and months after your operation you exercise your hand and fingers regularly several times every day, stretching out the digits that were released as instructed by your surgeon. This is essential to help preventing the scars that will form inside your hand from contracting the fingers again. Unless you were instructed otherwise, you should start these exercises right away.

Complications: infections and other complications are very rare after this procedure. If you think you are having a problem, please ask your GP to review your hand, or contact our PIFU telephone number (see below). If you think the problem is very urgent, please attend A&E.

Recurrence: the contractures can come back after the fingers have been released. Sometimes this happens after years, sometimes very quickly, sometimes it does not happen. If the contractures come back and you feel that your fingers need released again, please ask your GP to review you or contact:

- ☐ Our Patient Initiated Follow Up (PIFU) number: 01506 522 180 if within 12 months from the procedure
- ☐ Your consultant's secretary at St. John's Hospital (phone hospital switchboard: 01506523000)

Name and Signature:
