

1 **Instructions for Care and Therapy for Your Hand After Xiaflex Injection for Dupuytren Disease**

2 **Day of injection:**

3 Use hand for light activities only.

4 Use over the counter acetaminophen as needed for pain relief.

5 Elevate the hand higher than the heart if the hand is throbbing.

6 Remove all bandages before bedtime. OK to get hand wet.

7 The hand will be tender and swollen. Bruising may extend from the hand onto the forearm. You may have tenderness and swelling  
8 of a lymph node at your elbow and armpit.

9 **Day of manipulation:**

10 You can expect the tenderness, swelling, and bruising to gradually resolve over the next 7-10 days.

11 If you note throbbing in your hand, rest it on your opposite shoulder or on top of your head during the day and elevate it in on  
12 several pillows at night.

13  
14 If you have a skin tear (and about 1/3 of Xiaflex-treated patients do), the tear requires minimal care and will heal in 1-2 weeks.

- 15 • Remove the bandage and begin wetting your hand in tap water and shower water the day following manipulation.
- 16 • If the gauze bandage is stuck to your hand, just get it wet under water and swirl your hand around until the bandage  
17 releases easily.
- 18 • Keep a dry gauze on the tear until it stops oozing- usually several days.
- 19 • Then keep the tear covered with a Bandaid until the skin is sealed.
- 20 • Although the tear looks drastic, it is almost impossible to keep it from healing or to get it infected. You will probably be  
21 surprised how quickly and completely it heals.
- 22 • Do not expose your hand to chemicals or garden soil until the skin is sealed.

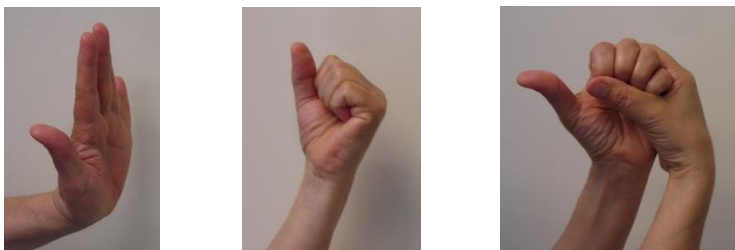
23 Wear the brace at night for 4 months. This helps maintain your correction. The brace should not make your fingers numb.

24 To minimize the risk of tendon rupture, do not forcefully close the treated finger against resistance for 6 weeks. This means avoiding  
25 finger tug of war and lifting heavy objects (for example gallon milk jugs, furniture, suitcases) with your treated finger(s).

26 Perform the following exercise 3-4 times daily for 4 months.

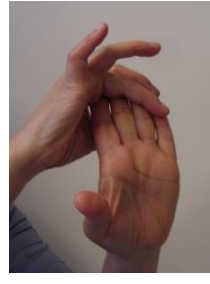
27 Start by massaging the hand from fingertips to wrist. (If you have a skin tear, wait until the skin is sealed before doing this step).

- 28 1. Start with the wrist, hand, and fingers in the policeman "stop" position.
- 29 2. Then make the best fist you can. When you think you have done your best, try a little harder.
- 30 3. Then use your opposite hand to gently push the treated fingers towards the palm. The goal is to touch your treated  
31 fingers to your palm without any help from your untreated hand.



- 37 4. Bend your wrist slightly and straighten your fingers.

- 38 5. Now, use the opposite hand to gently and persistently push the fingers straight, first one finger at a time, then all 4  
39 fingers at once.



- 46 6. Place the treated hand on a tabletop palm down and use the untreated hand to gently push the treated hand into a flat  
47 position. Keep your wrist straight while pushing. Move your thumb out away from your palm.



- 52 7. Lay hand flat on table. Raise each finger up one at a time. Hold for 5 seconds. Repeat 10 times.  
53 Move each finger from side to side (like a windshield wiper) one finger at a time. Repeat 10 times



- 63 8. Bend only the top 2 joints of the fingers keeping the large knuckles straight. Arch the large knuckles back. Repeat 10  
64 times.



- 72 9. Hold your treated finger with your opposite hand. Bend and straighten your fingertip.  
73

74

75 Repeat these exercise 3-4 times daily.

76 Contact the hand therapist (phone number \_\_\_\_\_) for splint adjustment as soon as the splint is not pushing your  
77 finger(s) straight.

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79 Developed by Roy A. Meals, MD, and Parivash Kashani, OT CHT with thanks to Larry Hurst, MD

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