

my diagnosis

DUPUYTREN'S CONTRACTURE

*Understand your condition.
Know your next steps.*

What is Dupuytren's Contracture?

There are multiple layers of tissues in the hand. In a healthy hand, these tissues glide over each other seamlessly. In Dupuytren's contracture, the connective tissue and sometimes the skin begin to thicken.

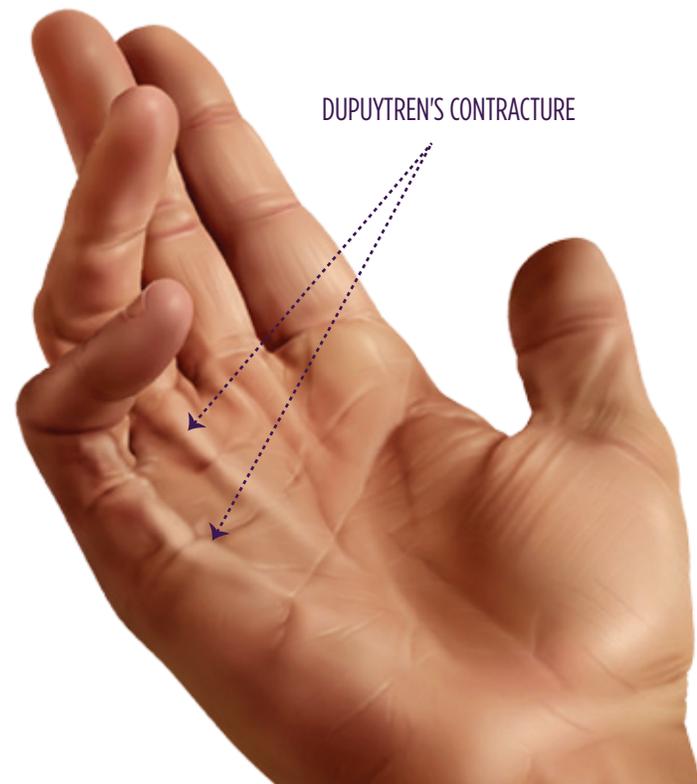
This condition commonly occurs in both hands and progression is relatively unpredictable, but often slow. The medical community does not know exactly why Dupuytren's contracture happens.

What are the symptoms?

- >> Bumps and/or pits in the palm. These growths are usually firm, move with the skin, and are not painful.
- >> In advanced cases, a cord may develop from the palm and/or in the finger.
- >> Fingers may begin to close inward, decreasing your ability to straighten them.

How did my specialist diagnose it?

Dupuytren's contracture was diagnosed by a physical examination of your hand.



For expert advice on how to stay healthy and active, visit summitortho.com.



APPOINTMENTS (651) 968-5201

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What are the treatment options? What does my specialist recommend?

Your hand specialist has developed a treatment plan based on your specific situation. His or her recommendation for you has been selected from the treatment options below.

TREATMENT	DESCRIPTION	MY NEXT STEP
<input type="checkbox"/> OBSERVATION	A custom splint or brace can provide support for the hand.	Contact us if symptoms do not improve: (651) 968-5201
<input type="checkbox"/> XIAFLEX® INJECTION	An alternative to surgery. In the specialist's office, a medication is injected that dissolves the thickened tissue overnight. The next day, you come back into the office for a gentle finger manipulation.	Set up injection appointment: (651) 968-5201
<input type="checkbox"/> SURGERY	There are multiple surgical techniques to eliminate the nodules and cords while correcting finger positioning. Your hand specialist will discuss options. In certain cases, a skin graft may be required to replace areas of skin that were lost. After surgery, you can plan on being in a splint until your first postoperative appointment. Further bracing and physical therapy may be required at that point.	Set up surgery date and time with the patient coordinator: (651) 968-5201

NOTES

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