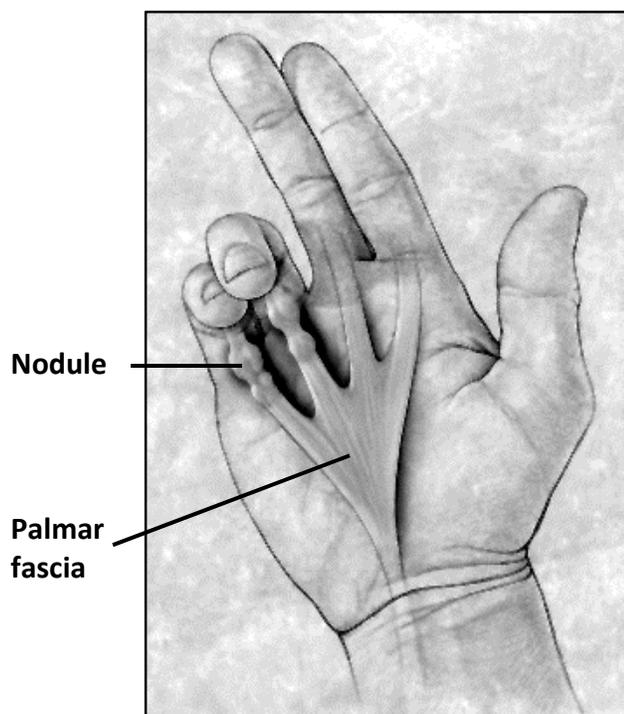


Needle Aponeurotomy for Dupuytren's Contracture

What is Dupuytren's Contracture?

The palm of your hand contains a tough, fibrous layer of tissue called the palmar fascia. It forms a protective barrier between your skin and tendons (the tissue that connects muscle to bone). The fascia gives your palm a flexible firmness.

For reasons not fully known, the palmar fascia can thicken. When this happens, it contracts (pulls in). Small, hard knots called nodules may form just under the skin near the base of the fingers. Hard bands or cords may also form across the palm. Most times, the nodules, cords, and contracting palmar fascia make your ring and little fingers bend toward your palm.¹



What is Needle Aponeurotomy?

Needle Aponeurotomy is a medical term to describe a treatment for Dupuytren's Contracture. This treatment can be done at your doctor's office and it allows you to use your hand the next day.

This treatment works best on cords that have been stable for a long period of time. Treatment success on cords that are developing or where you have had a past surgery can affect how well this treatment will help you. Many times, after this treatment, there can still be some contracture of the hand at the knuckles.

Needle Aponeurotomy begins by injecting a local anesthetic mixed with Depo-Medrol into the hand. This medicine will numb the area of your hand to ease any pain or discomfort while allowing you to tell the doctor if he is working too close to a nerve.

Using a small needle, the cords are pierced a number of times, then your hand will be stretched to pull the cord apart and release the contracture. At times, you may hear a "pop" or feel the cord as it breaks free. If your joint is stiff from a long-term contracture, you may feel pain or discomfort as the doctor works to release the cords near your knuckles. Your doctor will stop the treatment if your joint pain becomes too painful. This treatment can be repeated in a few weeks if the cords or contractures remain.

How Do I Prepare for my Treatment?

You may eat your usual meals and take your medications on the day of the treatment. Most people tolerate this treatment better with food in their system.

You may drive yourself to the office. No sedation is given during the treatment.

What Do I Need to Know after my Treatment?

A small dressing will be placed on your hand. Please wait until the next day to remove it. You may then wash your hands as usual. At times, you may find small tears in your skin that should heal in a few days.

Your doctor will ask you to do exercises to stretch the cords to improve hand movement.

Risks of this treatment include infection and nerve injury. We will do our best to prevent these from occurring.

It is not possible to know how soon the Dupuytren's Contracture will again return. Please call your doctor in a year so that your hand can be examined for any new contractures.

¹ **What is Dupuytren's Contracture?** Krames Staywell, 2014.

