



Needle Aponeurotomy for Dupuytren's Contracture



Overview

This procedure straightens fingers bent by Dupuytren's disease. We perform it through the skin with a needle.

Preparation

To begin, we position your hand palm up. We mark points where the needle will be inserted. Then, we inject a small amount of numbing medicine. It's important that we don't numb the surrounding nerves and tissue. This allows us to work safely around the nerves in the hand and finger.

Releasing the contracture

Next, we insert a needle at the marked points to reach the fascia. That's the layer of connective tissue under the skin. We use the needle to cut and make holes in the thickened parts of this tissue. This lets us stretch and straighten your finger as much as possible. Then, we inject a steroid medication to reduce swelling.

End of procedure

When it's done, we bandage your skin. You may need to wear a splint to keep your finger straight. You may have some swelling or tenderness. Ice, elevating your hand, and over-the-counter pain medication may help. Follow your care tips for a safe recovery.

