



After Your Xiaflex Injection for Dupuytren's

Self-care and follow-up

Injection Procedure

- After you receive the Xiaflex injection in clinic, you will have band-aids or gauze dressing applied to protect your hand.
- You may have swelling or bruising in the treated hand. To help minimize these symptoms avoid physical activities and lifting with the hand, and keep the treated hand elevated.
- You will be able to drive yourself home after the appointment.
- You may use ice as needed for 15-20 minutes to reduce swelling.
- You may take Tylenol or Ibuprofen as needed for pain.



Please call the clinic right away if you have signs of an allergic reaction such as hives, swollen face, breathing trouble, or chest pain at (206) 598-4263 (HAND). After office hours, you can call the hospital operator at (206) 598-6190 and ask for the Hand Fellow on-call. Go to the emergency room or urgent care if this happens at night or on the weekend.

Manipulation Procedure

- You will need to return to clinic after 24 hours following the injection for evaluation and to have your finger straightened or extended with moderate pressure. Local anesthesia (novocaine) will be given during the finger extension since the procedure can be painful.
- After the manipulation, you will meet with our hand therapist here in clinic who will do wound care for any skin tears and make an extension splint for you to wear at night for the next 3 months. You will also need to do finger exercises several times a day for several months to help regain mobility
- You will be able to drive yourself home following your appointment.

Follow Up Appointments

- Please make an appointment to return to clinic for evaluation 4 weeks following your procedure.
- Most patients only require 2-3 therapy visits. However, if you have trouble with movement or swelling after the procedure, you may have to work with an occupational therapist 1-2 x per week for a few weeks.
- If you have any questions or concerns, please call the clinic at 206-598-4263 and ask to speak to the Nurse in the Hand Center.
- If you need to speak to someone immediately and the clinic is closed, please call the hospital paging operator at 206-598-6190 and ask to have the Hand Fellow or Resident on-call return your call.

Activity

- You can use your hand for activities of daily living, such as eating, writing, typing, getting dressed, brushing teeth, combing your hair, preparing food, and other light activities right after the procedure.
- Avoid heavy lifting more than 10 lbs, pushing, or pulling with the treated hand for 1 week after the procedure.
- You may return to playing golf, tennis, and other recreational activities after 1 week.
- If you have skin tears, which are common, especially after treatment for severe contractures, you will need to do daily wound care and dressing changes. With skin tears, you will not be able to return to sports or lifting until the wound has completely healed.

For more information, please visit our website at WWW.UWHAND.COM