



HAND & UPPER LIMB CLINIC

Xiaflex Injection Dupuytren's Contracture Release Procedure

Xiaflex is a nonsurgical treatment used to treat Dupuytren's contracture with the use of injection to the palmar nodule(s). There is a small wound that may need care, some slight pain and swelling for which you will see a hand therapist. Your surgeon will make this referral prior to your injection.

Day 1:

- wound care
- icing
- ROM
- fabrication of a hand-based finger splint to be worn 23/7 (may remove for ADLs)*

Day 3-5:

- ROM
- tendon glides
- instructed to wear brace at night time only (up to 6 months)

Day 7:

- wound care
- scar massage
- splint adjustment
- ROM exercises
- compression/glove as needed

Day 30:

- final measurements are taken: grip, pinch, extension lag, DASH

Note:

- Depending on trauma from manipulation, more visits for wound care may be indicated
- PIP contractures may require additional visits for LMB splinting, exercises and manual therapy
- 2 visits required in milder cases, and max of 6 visits in severe cases. If wound care is involved the patient may be seen 2x/week for 3 weeks

