

Dupuytren's Contracture Needle Aponeurotomy

Needle Aponeurotomy is a minimally invasive office procedure that allows for next day use of the hand. The procedure works best on mature cords that have been stable for a long period of time. Results of this procedure on developing cords, or on areas of previous surgery are unpredictable. Contractures of the hand metacarpophalangeal joints respond best to this procedure, while the proximal interphalangeal joints of the fingers often have residual contracture.

Needle Aponeurotomy begins with injection of a local anesthetic mixed with Depo-Medrol. This medicine will numb the area of the hand enough to make this procedure tolerable, but allows you to tell us if we work too closely to a nerve.

Using a small needle (25 gauge ½" length), the Dupuytren's cords are repeatedly pierced to perforate the cord. Your hand will then be stretched to pull the cord apart. Occasionally a "pop" can be heard or felt when the cord breaks. When breaking cords near the joints of the fingers, discomfort is reported if the joint is stiff from prolonged contracture. We will stop the procedure if joint pain becomes intolerable. Needle Aponeurotomy may be repeated in a few weeks if cords or contractures remain.

A small dressing is applied to your hand after the procedure. You may remove it the next day and wash over your hand as usual. Small tears in the skin happen occasionally and may require a few days to heal. After the procedure, we recommend exercises to improve range of motion and further stretch the cords. Risks of the procedure include infection and nerve injury. Every effort to avoid these complications will be made.

The day of the procedure we ask you to have your usual meals and take your usual medications. Needle Aponeurotomy is better tolerated with food in your system. You may drive yourself to the office. No sedation is given during the procedure.

Dupuytren's will recur, although how soon or how aggressively cannot be predicted. We will ask you to check back with us a year after your procedure.

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