

Treatments for Dupuytren's Contracture

	Open Surgery	Minimally Invasive Surgery (Needle Aponeurotomy "NA")	Enzyme Injection (Xiaflex™, collagenase)
Goal of treatment	Thoroughly remove all contracted tissue by conventional surgery through incisions in palm and finger(s)	Mechanically disrupt contracted cord(s) with a hypodermic needle and multiple skin punctures	Chemically disrupt a contracted cord by injecting an enzyme that locally dissolves the cord
Treatment location	Outpatient operating room	Outpatient operating room	Office exam room
Anesthesia	IV twilight sedation	Local	Local
Time needed for treatment	30 – 60 minutes	15 – 30 minutes	15 minutes on 2 consecutive days
Skin incision	Yes; sutures required	No; rather, multiple needle perforations, no sutures	Single needle puncture
Bandage after treatment	Forearm, palm, affected finger(s); rigid	Palm and affected finger(s); soft	Palm and affected finger; soft
Bandage duration	2 + weeks	1 – 3 days	1 day
Number of follow-up office visits	2 – 4 over 6 – 8 weeks	None required	1, day after injection
Need for hand therapy?	Probably 2 visits per week for 4 – 8 weeks	Probably not	Probably not
Time before resuming self-care activities	Same day	Same day	Same day
Time before resuming desk and keyboard activities	2 – 3 weeks	1 – 3 days	1 – 3 days
Time before getting hand thoroughly wet	7 – 10 days	1 – 4 days	12 hours
Time before resuming forceful grip such as golf, hammers	6 – 8 weeks	1 – 2 weeks	1 – 2 weeks
Likely duration of benefit from treatment	5 – 20 years	1 – 5 years	Probably more than NA and less than open surgery
Treat multiple joints on same day?	Yes	Yes	No
Adjacent tissue at highest risk for injury; complication frequency	Nerve; 1 – 2 %	Nerve; 1 – 2 %	Tendon; 1 – 2 %
Risk of treatment causing lasting stiffness in untreated fingers	20 %	1 %	1 %
Main advantage(s)	Thorough, durable treatment of multiple joints at one time	Multiple joints at one time	Office procedure
Main disadvantage(s)	Prolonged convalescence, risk of untreated fingers becoming stiff	Will likely need more treatment later	May need > 1 injection per contracted joint; injections to be spaced at monthly intervals

This table was prepared to provide a preliminary understanding of the treatments available for Dupuytren's contracture. Get your questions answered, and have the treatment planned specifically for you, taking into consideration your general health, functional needs, and pattern of Dupuytren's disease. *with permission from Roy Meals, MD*