

### **Needle Aponeurotomy**

This is the list for when patients phone who are interested in having the needle aponeurotomy performed

- Not suitable for everyone
- Not usually for patients under 60
- Not for severe contractures
- It can still recur
- Surgery may be the better option but cannot tell without examining the patients

### **Aftercare Instructions**

They shall need to keep the hand dry for approx 3 weeks and change the dressing 2-3 times weekly. They would need to see a therapist the same day for a splint and exercises. They usually return for review 3- 4 weeks later.

FYI

There has never been any benefit demonstrated in preventing contractures recurring by wearing a splint. How fast recurrence occurs is genetically determined.

If a contracture redevelops to a point where hand cannot be placed on flat surface then he/she should come to see me.