

## WHAT TO EXPECT AFTER XIAFLEX INJECTION

Dr. Erik Dorf

Dupuytren's disease/contracture can be a complicated disease, however, this procedure is common to my practice. I have found the results to be consistent and reliable. Keep in mind that every person responds differently to injection and manipulation, and your recovery may vary from the below outline. Typical factors which influence the recovery process include:



- Your age and health.
- The severity of your contracture.
- The length of time between the development of contracture and injection/manipulation.
- Your compliance with recommendations after treatment.

1. **PRE-EVALUATION:** You will be seen in the office for an initial evaluation, and the severity of your contracture will be evaluated. I will determine at that time whether you are a candidate for Xiaflex injection. If so, the medication will be ordered, and your injection and manipulation dates will be scheduled accordingly. Time between injection and manipulation is 24-72 hrs.
2. **DAY OF INJECTION:** I will perform the injection to the affected area. The hand will be wrapped in a soft dressing after the injection. It is normal to experience swelling, bruising and pain in the hand after injection. I encourage ice and Tylenol/Ibuprofen after injection.
3. **DAY OF MANIPULATION:** I will inject Lidocaine to the hand first, which will numb the area being manipulated. Once your hand is numb, I will perform the manipulation by straightening the affected finger. The hand will be covered with a splint that will keep the affected finger in an extended position.
4. **FIRST TWO WEEKS AFTER MANIPULATION:** You will wear the splint for 24 hours after manipulation, and then only at night for the following two weeks. Again, it is normal to have swelling, bruising and pain in the hand, which typically resolves in 2-3 days. Ice is encouraged, and Tylenol/Ibuprofen or stronger pain medication may be necessary. You may begin using your finger normally, as swelling and pain improves.
5. **AT YOUR TWO WEEK POST-PROCEDURE OFFICE VISIT:** I will examine the affected hand/finger. If there is a wound, I will check for healing. I will also evaluate the degree of extension achieved. You can continue to use the hand normally after this.
6. **THERAPY:** If at any time during this treatment course it appears you will require **therapy** to help decrease swelling, or improve range of motion you will be provided with a prescription for therapy.
7. **HOW LONG TO GET BETTER?** **Most** people are **mostly** better by three to four weeks after their manipulation. You can typically return to all your normal activities at this time.

Should you have any questions, please call any of our offices at the following numbers:

Edwards (970) 569-3240

Frisco (970) 668-3633

Vail (970) 476-7220