



Dupuytren's Disease

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What is Dupuytren's disease?

Dupuytren's disease is a condition that causes the tissue beneath the skin of your palm to thicken abnormally. This thickening can also extend into your fingers, causing bumps or thick lines to form that force your fingers to bend inward to your palm. In some cases, a thickening of skin can also occur on the tops of your knuckles and the soles of your feet.

What causes Dupuytren's disease?

There's no known cause of the disease. However, men are more prone to developing Dupuytren's disease, especially if they're over 40. People of Northern European background may have a genetic predisposition to develop Dupuytren's as well. While the condition isn't usually painful, you may develop some discomfort if the thick cord or nodule growth interferes with your hand movements.

As the disease progresses, you may notice it becomes more difficult to wash your hands or put on gloves. In some cases, Dupuytren's disease can progress enough that your fingers become contracted, bending in toward the palm of your hand.

When symptoms are this severe, you may need a needle aponeurotomy procedure or surgical excision procedure to stop the progression of the disease and restore mobility to your hand.

What is needle aponeurotomy?

Needle aponeurotomy is a minimally invasive procedure Dr. Hung uses to straighten your finger in the office. Using a small hypodermic needle, she divides the thick bands of skin in the palm and fingers to stop the contraction that bends the fingers.

Dr. Hung determines if your symptoms are severe enough for the procedure. She performs the aponeurotomy in a comfortable office environment using a local anesthesia to keep you comfortable. This technique has the advantage of being minimally invasive, low risk, low cost (compared with collagenase injection or surgery), with nearly immediate return to activity.

Will a needle aponeurotomy permanently fix Dupuytren's disease?

Before your procedure, Dr. Hung evaluates your condition and discusses the expectations for your results. Not everyone can achieve successful straightening of the fingers with a needle aponeurotomy. However, for many, a needle aponeurotomy can be an effective treatment for the disease and may prevent the need for surgery.

If you need surgery, Dr. Hung creates a customized strategy to address the specifics of your case and help you achieve the best possible outcome. After treatment, you may need splinting and hand therapy to maintain improved function of your fingers and hand.