



**Spire**

Edinburgh Hospitals

Murrayfield and Shawfair Park



# Ask the expert

with **Mr Chris Oliver**

**DUPUYTREN'S DISEASE** *My GP has diagnosed me with Dupuytren's disease. Are there alternatives to surgery for this?*  
**Steven, Fife**

Dupuytren's Disease, a connective tissue disorder producing thick cord-like bands in the palm of the hand, is common in Scotland and previously was treated with surgery. Now there is a new treatment for Dupuytren's called Xiapex. Xiapex is injected directly into the band in the hand and acts to dissolve it. Xiapex allows rapid return to better function and does not require surgery. The Dupuytren's tissue will still remain in the hand long-term but the finger will be straighter. Once the diagnosis is confirmed the affected digit is injected and then a day or so later the patient comes back to the clinic to have the digit manipulated. The Xiapex acts to dissolve the band and, at manipulation, the band will most likely "pop".



A hand dressing is then applied. Early clinical results suggest Xiapex performs as well as the more radical fasciectomy surgery in which the band is carved out of the hand. Complications of Xiapex can be minor skin tears and stiffness, but are not often seen. Dupuytren's can still recur after injection, but the procedure carries less risk than surgery which may cause nerve damage and has longer recovery times. Xiapex can be used where previous surgery has failed. The hand can be back to normal in two weeks.

Xiapex injections are now available at Shawfair Park Hospital, Edinburgh in the Hand Surgery Clinic.

*Mr Chris Oliver is a Consultant Orthopaedic Hand Surgeon at Spire Shawfair Park Hospital.*

## DO YOU HAVE A QUESTION FOR OUR MEDICAL EXPERTS?

If so, e-mail [murrayfieldhospital@spirehealthcare.com](mailto:murrayfieldhospital@spirehealthcare.com). We will endeavour to deal with all enquiries as quickly as possible, but regret that we cannot enter into personal correspondence.

Spire Shawfair Park is a purpose-built hospital in south-east Edinburgh. Spire Shawfair Park joins Spire Murrayfield as one of 37 Spire Healthcare hospitals nationwide which, together, offer patients one of the broadest ranges of medical services in the UK.

For more information call 0131-316 2507, or e-mail [cservice-ed@spirehealthcare.com](mailto:cservice-ed@spirehealthcare.com). Also, visit [www.spirehealthcare.com/ShawfairPark](http://www.spirehealthcare.com/ShawfairPark) and [www.spirehealthcare.com/Edinburgh](http://www.spirehealthcare.com/Edinburgh)

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