

**DR REBECCA AYERS**  
Plastic, Reconstructive and Hand Surgeon

**XIAPEX TREATMENT**

**What is Dupuytren's Disease?**

- Dupuytren's Disease is a thickening of the tissue of the palm and digits. It causes formation of lumps or bands (also called cords) of collagen which cause the fingers to become permanently bent inwards
- Condition is fairly common in people of Northern European ancestry
- Exact cause is unknown
- Not all Dupuytren's Disease requires treatment, but when it causes significant bending of the digits or functional limitations it may be time to think about treatment
- There is no treatment that cures Dupuytren's Disease

**What is Xiapex?**

- Xiapex consists of collagenase enzymes, to break down the Dupuytren's cord

**Are there any people who cannot use Xiapex?**

- People with blood clotting disorders
- People on anti-coagulants (aspirin is fine)
- Pregnant / breast-feeding women
- Collagenase within 30 days
- Allergy to collagenase
- Tetracycline use

**What is involved for Xiapex treatment?**

- Two visits are required
  - o FIRST VISIT: to receive the injection into the cord
  - o SECOND VISIT: to have the finger straightened
- Only one cord may be treated at a time

**Visit 1: Injection of enzyme**

- The injection uses a fine needle only
- Local anaesthetic is not recommended but it will be over very quickly
- You need to remain for 30 minutes after the procedure to make sure you have no adverse reactions to the injection
- Please let me know if you experience
  - o Redness, rash, swelling, difficulty breathing
  - o Signs of infections such as fever, chills
  - o Numbness or tingling in the hand
- After the injection
  - o Your hand will be wrapped in a loose bandage – please keep this dry
  - o Do not perform strenuous activities with your hand
  - o Do not massage the area or bend and straighten the hand un-necessarily
  - o Elevate your hand when possible
- What will happen to your hand
  - o Swelling and bruising of the hand, sometimes extending up the arm is common
  - o Discomfort; regular simple pain relief such as paracetamol or nurofen will help

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### **Visit 2: The finger-straightening procedure**

- Local anaesthetic will be given to numb the area
- I will try to break the cord, and hopefully your finger will come out straight
- Sometimes the skin tears and this will heal with dressings
- You will then have an appointment with the Hand therapists for a splint to wear at night for 3 months
- You cannot drive directly after the procedure but if you feel comfortable and safe to drive a motor vehicle, after 2-3 days that is okay
- You can gradually return to normal activities as comfort allows

### **Follow-up visit**

- I will see you in around 4 weeks or earlier if you have any concerns

### **What are the side effects of Xiapex?**

Mild-moderate side effects are common and usually resolve within two weeks

COMMON SIDE EFFECTS (about 10% chance of happening)

- Bleeding, pain, swelling, tenderness and bruising at the injection site
- Itching
- Discomfort
- Swelling of the hand or arm
- Enlarged lymph nodes near elbow or armpit
- Skin tear at site of cord after reduction

RARE SIDE EFFECTS (very slim)

- Damage to nerve or vessels
- Damage to tendons or pulleys
- Allergies
- Complex regional pain syndrome ( a painful stiff and swollen hand)

### **Does Xiapex always work?**

- I'm afraid it does not always work
- Sometimes more than one injection is required
- Sometimes you may decide to wait or proceed with surgery

### **Will the Dupuytren's Disease return?**

- Unfortunately there is no cure for Dupuytren's Disease
- The rate of recurrence after Xiapex is unknown because of insufficient studies but it is likely to be about 40% recurrence by 10 years