

## BURN CONTRACTURE OF THE HAND

- INDICATION: - Release the contracture of a burn injury on the hand.
- MATERIALS NEEDED: - Gowns + gloves  
- Linen for draping  
- Basic Plastic Surgery Set  
- Dermatome + blade (if needed)  
- Gauzes  
- Diathermia, monopolar  
- Ink  
- Saline/adrenaline solution  
- Syringe + small needle  
- Knife 15  
- Sutures  
- Vaseline gauze  
- Cotton wool  
- Crepe bandage  
- Plaster of Paris
- EQUIPMENT: - Monopolar diathermia  
- Tourniquet (if needed)
- PREPARATION PATIENT: - The patient is lying on the back and the arm is on the armtable. Tourniquet on the arm.
- DISINFECTION: - Circular disinfection of the arm, the hand and the leg with Betadine solution.
- DRAPING: - The arm and the leg circular, the lower leg wrapped into a towel.
- OPERATION REPORT: - Depending on the kind of the burn contracture drawing the defect and/or the Z-plasty with a wooden stick and ink.  
- Injection saline/adrenaline solution.  
- Excision of the scar tissue and cutting the Z-plasties with knife 15.  
- Hemostasis with monopolar diathermie.  
- Use the paper of a vaseline gauze or parafine for fattening the upper leg for harvesting a Split Skin Graft with a dermatome.  
- After harvesting the Split Skin Graft put a gauze soaked in local anesthesia solution on the donor site.  
- Also a Full Thickness Graft can be taken from the groin or the inside of the upper arm. The skin has to be defattened before using on the acceptor site.  
- If necessary the skin can be mashed.  
- Place the skin on the defect and use sutures or skin staples.  
- A tie-over bandage is necessary for good pressure during five days. Leave therefore several sutures long.  
- Put a vaseline gauze on the donor skin and on top of that a unfolded Furacine gauze. Use the long sutures for fixing the package.
- BANDAGE: - Tie-over bandage on the acceptor site. A pressure bandage on the donor site. Steri strips for donor site of a Full Thickness Graft.  
- Plaster of Paris for the hand/arm to immobilize.

SPECIALITIES:

- For a small contracture also a Full Thickness Graft (FTG) from the groin or the inside of the upper arm can be used.