

# Radiation Therapy for Dupuytren's Contracture

## What to Expect

You will be receiving external beam radiation therapy to your Dupuytren's Contracture. Low-dose radiotherapy can provide pain relief and prevent the progression of Dupuytren's Contracture. Radiotherapy has anti-inflammatory effect and reduces inflammation around the cords and nodules, reducing pain in the area. Radiation is aimed towards the nodules to soften and shrink the lumps and prevent the formation of contractures.

## Simulation Day: What does this look like? Is it a sim and treat the same day for the first fraction?

A safety margin will be marked around the tissue to be treated, allowing us to treat the affected area while protecting the unaffected part of your hand.

## Treatment Days

You will be asked to position yourself underneath a radiotherapy machine with the hand placed on a positioning bag for the duration of your treatment. Each appointment will take around 10 minutes each day with the radiotherapy treatment itself taking just under a minute to complete. Your radiotherapy for Dupuytren's disease will be administered over 5 consecutive days (excluding weekends) and then repeated after a 3-month break.

## Side Effects

During your radiotherapy treatment, you should not experience any side effects – the treatment will not make you feel drowsy or dizzy and does not cause pain. 2 to 3 weeks

after the end of your radiotherapy course, the skin on your palm may become a little red, sore, or dry, but this tends to be very minor. Most people find putting some moisturizer on the area is enough to treat the dryness.

### **Follow Up Protocol with Radiation Oncology**

You will follow up with your Radiation Oncology provider one year after treatment. From there, you will follow up with your primary care physician or orthopedic surgeon.

### **Contact Us**

For any questions or concerns, please reach out to the radiation oncology clinic on MyChart or call **214-645-8525**.