

Trigger Finger Release

Post-Operative Instructions/Information after Trigger Finger Release

What to Expect:

The local anesthetic that was injected into your hand will make your finger(s) feel numb for 8-12 hours and possibly longer.

You will have a moderate amount of pain for the first 3-4 days; this should be adequately addressed by the oral narcotic pain medication that was prescribed when you left the day surgery suite (Vicodin or Oxycodone). The usual dose of an anti-inflammatory such as Advil is recommended at the same time you are taking the pain medication (unless you have a history of ulcers).

Other measures that are helpful in relieving pain include elevating the hand on a few pillows and draping a plastic bag filled with crushed ice over the dressing (place a dish towel or small hand towel over your hand first so the dressing doesn't get wet).

Keep your hand elevated as much as possible (prop it up on a couple of pillows).

Put a plastic bag over your forearm and hand when showering (keep dressing dry).

If you experience any worrisome symptoms such as a fever higher than 101.5 degrees or markedly increased pain, contact the clinic during normal office hours. If it is after business hours and you need to reach the doctor on-call you

may call our main number:(503)214-5200 and this will put you in contact with the doctor on-call.

On the fifth day after surgery you may remove the soft bandage. At this point, it is fine to shower over the stitches, but don't soak them in dish water or a bath tub. Cover the incision with a band-aid or dry dressing after showering. Apply a new band-aid every couple of days or replace the band-aid if it becomes wet.

Activity Level:

After you have removed the dressing, you can begin gentle range of motion exercises. This should consist of flexing and extending the fingers. You may use your hand for light activities such as eating, dressing, typing, etc. Try to avoid vigorous use of the hand, as it will cause swelling and additional pain.

Follow-up:

Schedule a post-operative appointment for 12-14 days after the surgery for suture removal (appointment desk (503)214-5255).