



Contact our office with any questions or concerns at: (318) 427-7851 or (318) 427-7852

TRIGGER FINGER RELEASE

WHAT TO EXPECT FOLLOWING SURGERY

Expect to have some degree of pain initially. This pain will fluctuate at times but can be managed.

There may be some bruising on your affected hand or wrist. This is normal.

Swelling can fluctuate in the arm and hand. Be sure to keep the hand elevated on pillows. Try to keep the hand elevated above the heart if possible.

Be sure to follow specific instructions on exercise as provided by the therapist.

If you have a splint, be sure you wear it as directed by the therapist as this is important to your recovery.



MEDICATION

Take your pain medication as prescribed by the doctor. If you have any problems with your medication contact the nurse. You must contact your physician regarding medication refills.



SHOWERING / BATHING

Keep sutures dry. When showering or bathing, cover these areas with a plastic bag or Saran wrap (Cling wrap). You can clean suture sites with rubbing alcohol only.



BANDAGE / DRESSING CHANGES

All sutures need to be covered. Clean the sutures with rubbing alcohol only. **DO NOT USE** Hydrogen Peroxide or apply Antibiotic Ointments (Neosporin).

ICE

Apply ice or cold packs to the back of the hand as needed for pain. Only apply ice for 10-15 minutes. **DO NOT** leave ice packs on longer

PRECAUTIONS:

Infection

Monitor your incision for any signs of infection such as redness, warmth, or pus. Contact the therapist or nurse if you suspect an infection.

Movement (Do not perform any of the following)

- Limit activities requiring repetitive gripping or pinching
- Limit activities requiring tight fisting of the affected hand

