

Post-operative Instructions: Trigger Finger Release

Dressing: Please keep your dressing clean and dry for 3 days. On the 4th day after surgery, you should take your dressing off. You may then wash your hands and get your operative hand wet in the shower, but please do not scrub the wound. No soaking please (ie- no bath tubs, no doing dishes, no swimming). Once you are done washing your hands or showering, please pat the wound dry and place a band aid over the wound. You may put an ice pack over your operative site to help reduce pain and swelling.

Activity:

The more you rest in the first few days after surgery, the less bleeding, swelling, scar tissue, and pain you will have (and the quicker you will recover). After a few days of rest, you can proceed with light activity that **does not cause pain** (typing, tablet use). **No heavy gripping or lifting** (over 5 lbs) on your operative extremity until your wound is well healed (about 2 weeks after surgery). It is normal to have some mild discomfort at the surgical site for about 6 weeks after surgery, but this will improve with time.

Pain control:

Most patients do well with over-the-counter medications for this type of surgery (Tylenol and ibuprofen). Elevation and ice go a long way towards helping with pain control. If you have more pain than the over-the-counter medications can handle, you are probably doing too much and you need to rest more. You may be given a prescription for narcotic pain medication. Please use the narcotic medication as sparingly as possible to avoid trouble with side effects (nausea, constipation, dizziness, addiction). As your pain decreases, please wean yourself off of the narcotics as soon as possible by substituting over the counter medications instead (ie- Advil, Motrin, Tylenol, or Aleve). For constipation, you can take 300 mg of colace a day (colace is an over the counter stool softener).

Follow up:

Please make an appointment for ~14 days after surgery.

Return to work/school:

You may return to light activity at work/school once you no longer need narcotic pain medication, but no heavy lifting on the operative extremity is allowed.

For questions, please call the office: 301-657-9876