

TRIGGER FINGER RELEASE

Postoperative Instructions:

1. Light use of the hand is okay. Avoid heavy lifting or pushing greater than 2 to 3 pounds. It is okay to use the hand for writing, typing, texting, eating, and taking care of yourself. Full flexion and extension of the fingers are encouraged to avoid stiffness. There is a video link demonstrating finger range of motion exercises below.
2. Cover the hand for showers and keep the dressing dry. If the dressing gets wet, replace it with a clean gauze and new wrap. The incisions should stay dry until the sutures are removed.
3. Mild swelling and bruising are normal. Ice and elevation are helpful. Tenderness in the palm is normal. It is not uncommon to get tingling in the fingertips. If the swelling persists and the dressing feels too tight, remove the ace bandage and re-wrap it a bit more loosely. If the swelling is excessive or you feel something is wrong, please call.
4. A prescription medication will be sent to your pharmacy. That medication is to be taken as needed for pain. If over-the-counter medications provide satisfactory pain relief, the prescription medication does not need to be taken.
5. It is okay to drive if you feel safe to. However, do not drive while taking the prescription pain medication.
6. The typical first follow-up is 10-14 days from surgery. The sutures will be removed at that first postoperative visit and steri-strips will be applied. At that point you can get the incision wet but avoid submerging underwater until the incision is healed. The steri-strips will fall off on their own and there is no need to replace them.
7. After the 3-week point from surgery, there are no restrictions to range of motion or weight bearing. It is not uncommon to continue experiencing sensitivity in the palm and stiffness in the fingers. Massaging the scar can help with the sensitivity, with or without a moisturizer of your choice. You should continue to work on full range of motion of the fingers, both making a full fist and extending the fingers fully. If the stiffness and sensitivity persist, formal hand therapy can be helpful and we can provide you with a prescription.

If you have any further concerns, please do not hesitate to call us.

FOLLOW-UP APPT:



Dr. Zanaros Trigger Finger Videos

Albany – Main Location
1367 Washington Avenue, Suite 300, Albany, NY 12206

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