

TRIGGER FINGER/THUMB RELEASE

Trigger finger and thumb are painful conditions that cause the fingers to catch or lock in a bent position. A trigger finger occurs when the motion of the tendon that opens and closes the finger is limited, causing the finger to lock or catch as the finger is extended. The goal of surgery is to widen the opening of the tunnel so that the tendon can slide through it more easily.

The surgery is performed through a small incision in the palm of the hand. The surgery can be performed under general anaesthesia (where you are put to sleep), regional anaesthesia (nerves going to only a portion of the body are blocked) or local anaesthesia.

Risks or Complications

Trigger finger surgery is commonly performed and generally safe. Possible complications include infection, excessive bleeding, injury to the nerve, tendon or blood vessel and/or an unexpected reaction to anaesthesia.

After Surgery

If regional or local anaesthesia is used, the freezing will start to wear off in a couple of hours. Take special care not to bump or knock the area. Pain and tenderness can be expected for the first few days after surgery. The pain should lessen, not increase. Take pain medication as needed and any other prescribed medications as directed.

Gently wiggle your fingers every few minutes while awake to help blood flow, stiffness and swelling.

After Surgery

Elevating the hand after surgery can help reduce swelling and pain. Keep your operated hand above your heart level for 24 hours or if swelling occurs.

**YOUR FINGERS SHOULD REMAIN THEIR
NORMAL COLOUR AND SENSATION.**

Apply ice to the incision site for 24 to 48 hours after surgery; 30 minutes on and 30 minutes off while awake.

It is important to keep the dressing clean and dry to prevent risk of infection.

You may rewrap the elastic bandage (outer bandage) as needed. Keep the white dressings and/or splint clean and dry

Do not use the operated hand for lifting any heavy objects (over 5 lbs) until your surgeon advises.

You should not drive until you are confident that you could perform an emergency stop without discomfort.

Return to work as directed by your surgeon.

Stitches are removed in 10-14 days. The surgeon's office will arrange.

Following suture removal, massage around the incision with lotion. This should be done 3 to 5 minutes twice daily. This often helps soften the scar, decrease any swelling and help with the healing process. Lotion massage should be continued for several months.

Activity can be progressively increased as long as swelling or pain does not worsen. Avoid fast, forceful and/or repetitive motion. Full, unrestricted activity is usually possible by 4 to 6 weeks after surgery.

Call your doctor if you experience:

- Increased numbness of the operated extremity
- Pain not relieved by the prescribed pain medication
- Fever and/or chills.
- Foul smelling drainage
- Excessive bleeding

Special Instructions

Follow up appointment

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