

Trigger Finger Release - Patient Education

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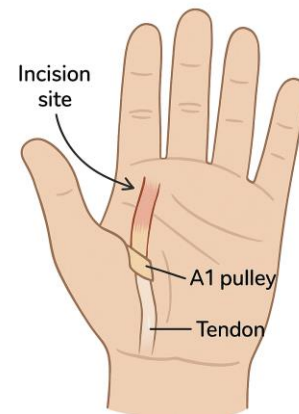
Performed in the procedure room under local anesthesia.

Surgical Procedure

During a trigger finger release procedure, a small incision is made along the palmar surface over the A1 pulley of the involved finger.

The A1 pulley is carefully divided or released, allowing the flexor tendon to glide more easily during range of motion of the affected digit.

Sutures are used to close the skin.



When you go home from surgery, you will have light dressings placed to cover the incision made in the palm. You will have immediate mobility of all fingers and wrist. You may experience numbness in your hand for a few hours due to local anesthesia. Mild swelling, bruising, and soreness are normal in the palm and finger.

Post-op therapy will likely be brief and will emphasize home exercise program/scar management techniques.

Wound Care:

- The incision for this procedure is small. Your finger will be placed in a bulky dressing (bandage) after surgery. The splint helps to protect the incision site, lessen the swelling and improve the finger extension after surgery.
- Keep the dressing **clean and dry for the first 4 days**.
 - You can cover your hand with a plastic bag when showering.
- After 4 days, you may remove the bandage and gently clean the incision with soap and water.
- Apply a small bandage daily until the incision is fully healed (usually 7–10 days).
- **Do not submerge** your hand in water (no swimming, baths, or hot tubs) until sutures are removed.
- Do not use any ointment or lotion on your wound.
- Your hand or fingers may swell. Use an ice pack for up to 20 minutes at a time over the surgical site to help ease the swelling. Be sure that you place a thin cloth between your skin and the ice pack to protect your skin.

Pain Management:

- Pain from trigger finger release surgery is typically minimal. Pain is often worse at night and elevating your hand is the most important factor when working to improve pain.
- Use Tylenol (acetaminophen) or ibuprofen as needed for pain unless otherwise instructed.
- Ice packs (20 minutes on, 20 minutes off) can help reduce swelling in the first 48 hours.
- Elevate your hand above heart level when resting to minimize swelling.

Activity:

- You can use your hand for daily activities such as getting dressed, typing, combing your hair, and other light activities after the bulky dressing has been removed.
- You may do light aerobic activities as soon as one to two days after the surgery.

Post Op Appointments:

After your procedure, you will have a post op appointment 10-14 after the procedure to check the incision and remove sutures.

FAQ's**Can I drive myself home?**

Many patients drive themselves home after their procedure, but we recommend having someone else drive you home after your procedure, in case you do not feel comfortable gripping the steering wheel immediately after your procedure.

How quickly am I able to return to basic activities like typing?

You will have full use of your fingers immediately following surgery and may feel up to typing and performing basic activities of daily living within a few days.

Will I need to be in a splint after surgery?

No, you will be placed in a soft dressing immediately following surgery and will not need a splint during recovery.

How soon can I ski/snowboard/etc.?

As soon as your incision is fully healed and the sutures have been removed, you may return to all the activities that you enjoy (approximately 14 days after surgery).

What kind of anesthesia will I have?

We perform this procedure under a local anesthetic.