

Orthopedic Specialists of Seattle

Wayne M. Weil, MD

Trigger Finger Release: Postoperative Instructions (Under Local Anesthesia)

What to Expect

- 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.
- A soft dressing or bandage will be applied over your incision.

Wound Care

- Keep the dressing clean and dry for the first 4 days.
- 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 removed.

Activity

- Start gentle finger motion as soon as the numbness wears off to prevent stiffness.
- Avoid heavy lifting, gripping, or repetitive hand activities for the first 1–2 weeks.
- Gradually return to normal use as tolerated.

Pain Management

- 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.

Signs to Watch For

Call our office if you experience any of the following:



- Increasing redness, swelling, or warmth at the incision
- Pus or foul-smelling drainage
- Fever over 100.4°F
- Severe or worsening pain not relieved by medication
- Numbness or tingling that persists beyond the first 24 hours


Follow-Up

Your follow-up appointment is typically 10–14 days after surgery to check the incision and remove sutures.

Contact Information

If you have questions or concerns, please contact:

 Office Phone: 206-633-8100  After-Hours/Emergency Line: 206-633-8100

 Website: www.seattlehandandandelbow.com