



Open Trigger Finger Release Post-Op Instructions

Dressing and Cleaning

- A compression bandage is placed around your hand. Please keep the dressing dry and leave it in place for 7 to 10 days or until your first postoperative visit. Keeping the area dry lowers risk for infection. Do not wet the incision or submerge the area beneath water (bath tub, swimming, etc.) for until your first postoperative visit.
- After removing the bandage, you may cover the wound with a light dressing or band-aid for another 3 to 4 days.

Expectations Following Procedure

- You may experience mild swelling, bruising and discomfort following the percutaneous trigger finger release. This is all normal. Elevating your hand to reduce swelling is the best way to reduce any discomfort.
- You may have some numbness or tingling of fingers due to the local anesthetic injection (this should wear off within 24 hours).
- You may take Tylenol as needed for discomfort, following directions as labeled on the bottle. Avoid taking any pain medications that also thin your blood (i.e. Aspirin, Ibuprofen) for the first 2-3 days after the procedure as these could cause more bruising in the area.
- You can also apply an ice pack or frozen vegetables to the palm side of the dressing at the level of your wrist to help keep swelling to a minimum. To help your recovery, keep your fingers moving. Make sure you can make a fist with your fingers and completely straighten them. Make sure you can move your thumb across your hand towards your pinky finger and fully straighten it. Repeat these motions and efforts throughout the day, especially in the first few days following surgery to keep internal scarring from becoming an issue.

There are only a few things we would ask you to pay attention to should they occur: increasing pain, stiffness of fingers, progressive redness around the wound. Please call us should any of these occur at 514-933-9131 during our open business hours (Monday to Friday 9am - 5pm) OR email us at teanoosh@drtzadeh.com.

What activities can you do?

You can do anything that does not hurt with some exceptions. Limit yourself to lifting with the operative hand for a week or two until it becomes more comfortable. Everyone's pain threshold is different, but a reasonable guideline is limit yourself to about 1-2 pounds with the operative hand.

Should you have any questions or concerns, please do not hesitate to call or email our office:

Phone : (514) 933-9131

Email : contact@drtzadeh.com

Emergency email : teanoosh@drtzadeh.com