POST OPERATIVE INSTRUCTIONS

Trigger Finger Release

Post Operative

Dressing
- Keep dressing clean and DRY.
- Do NOT remove dressing until follow up appointment.

Showering
- You must keep your dressing clean and dry until seen in office.
- This means that you will have to sponge bathe until your follow up appointment.

Driving
- You may ride in a car immediately after surgery. If you are going to be in the car for long periods of time, we recommend getting out or the car at least 1 time an hour to walk around.
- You may drive the day after surgery, once the anesthesia has worn off.
- We recommend practicing in a parking lot to ensure you are able to control the vehicle.
- You are NOT allowed to drive while taking any pain medicine.

Activity
- Gentle active use of the hand is allowed after surgery.
- We ask that you take it easy for about 4 weeks after this surgery so that you do not form extra scar tissue which can affect your recovery.
- There are no special precautions after this surgery.

Physical Therapy
- Immediately after surgery, there are no specific exercises for you to work on.

Icing and Elevating
- We recommend icing and elevating as much as possible after surgery to help with pain and swelling. We recommend placing a layer between the ice and your skin, and icing for 20 minutes at a time, several times throughout the day. You should wait at least 20 minutes in between icing sessions and should NOT sleep with the ice bag on.

Medications
- Take your pain medication as directed. Pain medication can make you constipated, so make sure you are consuming plenty of water and fiber. If necessary, you can also try an over the counter stool softener. You may also take your pain medication with food to help prevent nausea.
- Take your antibiotic as directed. It is important to complete the entire prescription.
- Resume home medications as directed prior to surgery.

7-10 days Follow Up Appointment
During your first postoperative appointment it is likely that you will be seen by our Physician Assistant. The intent of this visit is to simply check your incision and go over some basic instructions. The physician will be available if there are any questions or concerns.
Dressing
- During this appointment your dressing and stitches will be removed and steri strips will be applied to your skin. You may take the steri strips off after 1 week. Do not worry if they fall off sooner.

Showering
- You may now shower, even with the steri strips on.
- Gently wash the incision with soap and water. Do NOT scrub. Once you are out of the shower, pat the area dry and apply new dressing as directed above.
- Do NOT submerge your incision (pools, baths or hot tubs) for at least 3 weeks after surgery. You should not submerge your incision until it is completely healed.
- Do NOT use any powders or creams on your incision.

Activity
- You may start to gradually progress your activity level letting pain be your guide. It is usually about 1-2 weeks before patients are comfortable using the hand for low demand activities such as desk work or working around the house (cooking, dishes, ironing, etc.). It is typically about 3-4 weeks before patients are able to comfortably return to heavy weight lifting or safely return to manual labor.
- You may now participate in cardiovascular activities as tolerated. This includes biking and running. You may return to using the elliptical as long as you do not use your operative arm.

Physical Therapy
- You may now start working on some gentle ROM exercises. This includes:

1. Thumb Stretch
   - Hold your operative arm straight out in front of you.
   - Gently grasp the thumb and straighten it.
   - Then bend the thumb gently across the palm.
   - Hold each stretch for 10 seconds.
   - Do this for 5 repetitions and repeat 3 times a day.

2. Finger Stretch
   - Gently make a fist.
   - Straighten fingers.
   - Pull fingers in together.
   - Gently spread fingers apart.
   - Hold each stretch for 10 seconds.
   - Do this for 5 repetitions and repeat 3 times a day.
Formal physical therapy generally is not necessary after this procedure. However, if necessary or desired, we are happy to write you for therapy during this appointment.

Follow Up Appointment
- If any other follow up is required we will schedule an appointment at this time. Generally, it is not necessary to schedule any additional follow up appointments after your post op appointment.
- Some soreness along your incision can be expected for 8-12 weeks after surgery but should continue to improve.
- Once your incision has completely healed you may start some gentle scar massage with Vitamin E lotion to break up any scar tissue and help prevent any thick or hard nodular areas from forming.