TWIN CITIES ORTHOPEDICS

Trigger Finger Release Care Instructions
Dr. Shashank Dwivedi

You have had a trigger finger release. The instructions below are meant to provide you with the information you need to manage your dressings, pain medications, and activities until your first follow-up appointment.

WHAT TO EXPECT WHEN YOU GET HOME

- The area where you had your procedure will likely be numb for 4-6 hours. Once you begin to regain sensation in the area, you may take Tylenol and an anti-inflammatory such as Motrin as needed for pain relief.
- You may continue your normal home medications.
- For 2-3 days post-operatively elevate the extremity above the level of your heart to reduce swelling.
- Apply ice to the extremity 3-4 times a day (20 minutes on/20 minutes off) for 3-4 days or until the swelling subsides.
- Bruising and discoloration is common following surgery.

WOUND CARE

- Your dressing may be removed after 2 days. After removing your dressing, you may wash your hands with warm water and soap and pat the wounds dry. Do not submerge your hands in water for an extended period of time, such as when washing dishes or swimming.
- You may cover your surgical site with a Band-Aid if you desire.
- Do not use any ointments or lotions on your surgical site.
- If you are experiencing any of the following call our office or the doctor on call immediately:
    - Fever greater than 101 degrees Fahrenheit
    - Chills
    - Excessive redness, swelling, or drainage from incisions

ACTIVITY

- You are encouraged to move your fingers and thumb as much as possible within the restrictions of your bandage.
- You may use your hand and fingers for light activities, such as typing, feeding yourself, and brushing your hair.
- Do not lift, push, or pull greater than 1-2 pounds until your follow up appointment.

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FOLLOW UP

- A follow up appointment will be made for you at the time that your procedure is scheduled. This is typically 10-14 days after your procedure. Please call the office if you have any questions regarding your follow up appointment