

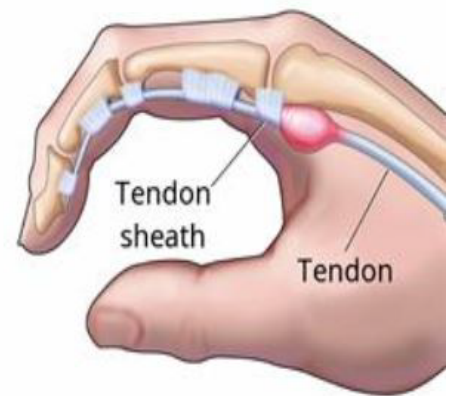
Surgical Patient Education

Trigger Finger Release Surgery

What is Trigger Finger Release Surgery?

A Trigger Finger Release is a surgery to relieve symptoms from when the tendon sheath causes the finger to stay in a bent position.

The surgeon will make an incision and release the tendon sheath so the finger can straighten out.



What are the Risks?

- **Infection** - There is always a risk of infection when surgical cuts are made to the skin, this is minimal with a trigger finger release.
- **Bleeding** - There is a risk of bleeding as with all surgical incisions but it is rare with trigger finger surgery.
- **Injury to nerves/vessels** - The area being released is around blood vessels and nerves in the finger so there is a risk of injuring these structures, but this is very uncommon.

What happens during the procedure?

- You will be taken to the operating room, the surgeon will inject a numbing medication into your hand close to your finger so you have no feeling in the area he will be working on.
- You will be placed on monitors and watched closely.
- After the finger becomes numb the physician will make an incision in your finger and perform the tendon sheath release.
- The skin will then be sutured closed.
- A bandage/dressing will then be placed and wrapped around your finger and hand and you will be taken back to the pre-operative area.

Before Surgery

- You may be asked to stop certain medications such as aspirin or ibuprofen, be sure to check with your surgeon's office and anesthesia to see what medications to stop.
- You can often eat and drink before this surgery but you will be instructed what to do before surgery.
- You will be asked to shower the night before or morning of surgery.

After Surgery

- You will have a dressing to your finger/hand.
- Your hand will be numb for a few hours.
- If you shower, use a waterproof dressing or bandage to cover your dressing to your finger/hand so it does not get wet.
- You may be given a prescription for medication for pain, sometimes this can also be over the counter. It is important to take the medicine as prescribed and alternate the medicine to get maximum pain control.

Recovery After an Trigger Finger Release

How long will I be out of work?

- Depending on your job you will have restrictions for up to 3-4 weeks.
- If you have any heavy lifting over 5 pounds or repetitive movements it can make out of work time longer.
- You may be able to go back sooner if you can follow restrictions but you may need to plan for the full 3-4 weeks if your job cannot allow those restrictions.