

Surgery Center of Pinehurst
Dr. James Marino
Trigger finger/thumb Home Instructions

Rest/Elevation

The post-operative period is a time to rest and let your body begin the healing process. Try to keep the operative site elevated above the level of your heart. This will help with swelling which will help with pain. Avoid any strenuous activities.

Ice

Ice or other cold therapy can be helpful at relieving pain and reducing swelling and inflammation, especially in the first 24-72 hours after surgery. You may ice your surgical site (on top of the dressing or splint) if you choose to for 20 minutes per hour. Please be careful if sensation has not yet returned to your extremity.

Surgical dressing

Remove the surgical dressing in 3 days. Do not put anything on the surgical wound. Redress it such that the incision is covered. I recommend the style of bandages shown to the right for a trigger finger and a standard bandaid for a trigger thumb. You may shower after surgery as long as you can prevent the incision from getting wet. You may use a bag or a glove to prevent splatter, but avoid having the hand underwater or directly in the water stream.



Medication

Some pain is expected after surgery. Take the pain medicine as prescribed. It is likely that the operative finger and possible the sides of the adjacent fingers are going to be numb for several hours after surgery. When a tingling sensation begins to return, it is a good time to take your first pain pill. Pain medication can constipate you, so it is recommended that you take an over the counter stool softener, such as Colace (docusate). Also, take pain medication with food to limit nausea.

You may not drive while taking pain medication.

Activity/Therapy

Formal physical therapy is not a typical part of the recovery after a trigger finger release. You may move your finger immediately within your level of comfort. Do not do any heavy grasping or lifting.

Follow up

Please keep your follow up appointment as scheduled. You will likely be seen in 1-2 weeks after surgery. If you have any questions or concerns that need to be addressed prior to that time, please contact the office @ 910-235-2915.

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