

WHAT TO EXPECT AFTER TRIGGER FINGER SURGERY

Dr. Erik Dorf

Trigger finger surgery is common to my practice and I have found the results to be consistent and reliable. Keep in mind that every person responds differently to surgery and treatment, and your recovery may vary from the below outline. Typical factors which influence the recovery process include:

- Your age and health.
- The severity of your symptoms/condition
- Your compliance with prescribed treatment and therapy



1. ***SURGERY DAY:*** You will have a soft dressing on your hand after surgery. This will likely consist of gauze and coban, an outer wrap that holds the dressing in place. You will be able to move your fingers, and gentle finger motion is encouraged. You should keep the dressing on for the first three days after surgery, keeping it clean and dry. You may bathe with the dressing covered with a plastic bag and tape to keep it dry. On the fourth day after surgery, you may remove the dressing and shower. Gently wash the hand with soap and water and pat dry. Do not submerge. Apply a band-aid after showering, or cover with new gauze and coban.
2. ***FIRST 48 HOURS AFTER SURGERY:*** You should try to **elevate your hand and wiggle your fingers** as much as possible. Ice can also be used to reduce inflammation. You will be provided with pain medication.
3. ***FIRST TWO WEEKS:*** After surgery you should wiggle your fingers as much as possible. **Avoid direct pressure/heavy lifting using the palm.**
4. ***AT YOUR TWO WEEK POST OP OFFICE VISIT:*** We will check the incision and remove the sutures. You will receive further instructions about incision care. You will have no restrictions, but will let pain be your guide with regard to activities.
5. ***6 WEEKS AFTER SURGERY:*** We will check the wound once more to make sure it is fully healed, and check finger motion. It is common to have some scar tissue at the incision site that feels harder/more prominent than the rest of the palm. This resolves with time. Daily massage of this area is encouraged to soften the scar.
6. ***THERAPY:*** If at any time during this treatment course it appears you will require therapy to help decrease swelling, scar tissue, or improve range of motion you will be provided with a prescription for therapy. Most patients do not require therapy after this surgery.
7. ***HOW LONG TO GET BETTER?*** Most people are **mostly** better by 4 weeks after their surgery. You can typically return to most normal activities at this time.

Should you have any questions, please call any of our offices at the following numbers:
Edwards (970) 569-3240 Frisco (970) 668-3633 Vail (970) 476-7220