

Following **TRIGGER FINGER/THUMB SURGERY**, you can expect:

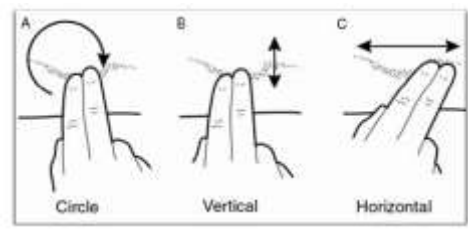
- Discomfort around incision site as well as palm and digits
- Swelling
- Stiffness of fingers
- Tenderness at and around incision

### Post Op Instructions

- Keep sutures dry until post op appointment (approx. 10 days)
- Elevate and ice as necessary to control swelling and pain
- You may use your hand as normally as tolerated
- Start moving all fingers, completely straight and full fist (see pictures below)
- Remove the dressing on the 3<sup>rd</sup> day after your surgery and cover the sutures with a Band-Aid



Massage scar, apply steady pressure while moving in all directions to loosen the scar tissue.



Once sutures are out:

- Continue moving fingers to regain full motion, stretching as needed
- Massage the scar and region around scar. This will help make the scar less sensitive as well as start to decrease swelling. Note: this may still be painful for a few weeks post-surgery and is normal
- Return to full use of hand, if not already doing so