

Post-Operative Advice: Trigger Finger Release Occupational Hand Therapy

This information sheet is to act as a guide as to what to expect after the trigger finger release procedure.

Wound

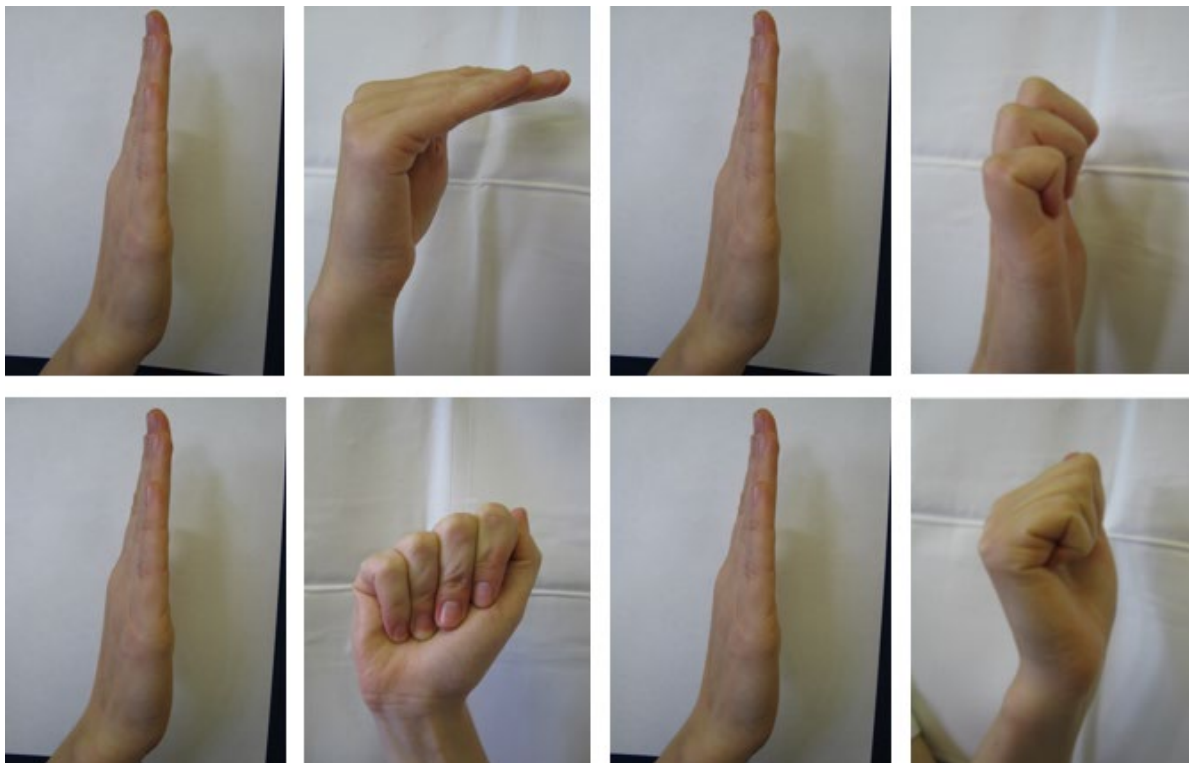
- Initially after your surgery you will have a bulky dressing on your hand as well as a primary dressing to the wound. It is important that you keep this dry, or you may be prone to infection.
- You may be advised to remove the bulky dressing yourself after 48 hours, if so, please leave the primary dressing in situ unless told otherwise by your consultant.
- It is expected that you will have your dressing changed at your GP surgery or if you are booked in for a clinic review. If in doubt, book an appointment with your GP practice nurse.

Swelling

- You may have been provided with a sling to elevate your hand. If you have, try not to wear it all the time. Elevation above heart level is important to help alleviate any swelling to the hand, this can be achieved by resting your hand on your opposite shoulder when walking or on pillows when relaxing or sleeping. Keeping your hand always in a sling will prevent movement and can lead to further stiffness and pain.

Exercises

- Complete the following sequence of exercises and hold each position for 10 seconds. Repeat up to 10 times 3-4 times a day.





Finger Abduction / Adduction

With your hand on a work surface, spread your fingers out into a hand span, pause, then bring them back together tight.

Repeat up to 10 times 3-4 times a day.

10 - 14 Days After Surgery

Wound

- At this stage, the wound should be healed. Sutures are normally removed 2 weeks following surgery.
- The wound will now be a scar and may be quite tender or sensitive, this is normal.
- It is advised that you complete a firm circular massage to the scar as scar tissue can be problematic. You can use non-perfumed hand cream and you need to complete this persistently for 5-10 minutes regularly throughout the day.

Swelling

- If you feel your hand is still swollen, continue to elevate it as able and actively move it. Practise making a fist with your hand in elevation.
- Gentle downward massage can also help swelling by moving it away from your hand. Complete this for 5-10 minutes at a time. Always stroke down towards your elbow not up towards your hand.

Movement

- Hopefully, if you have been completing the above-mentioned exercises you are able to make a full fist.
- If you notice that your strength is still weak. Practise squeezing a soft sponge or soft stress ball; avoid squeezing anything too hard as this may cause pain.
- It is recommended to use your hand for light activities and gradually increasing to heavier activities as able / comfortable.



After Two Weeks

Please seek a referral to our department if you are unable to make a full fist at this stage, have persistent swelling, pain and/or difficulty straightening your finger.

We are unable to see you for an appointment without a referral from your GP or Consultant.

Kind Regards,

Hand Therapy Team
Ashford Hospital.

Please note, although the Occupational Therapy Department are the authors of this information leaflet, we do not take responsibility for any complications that may occur, as we are not the prescriber. The healthcare professional that has provided this to you has done so because in their professional opinion you will benefit from it and take responsibility in doing so.

Name of Provider:.....

Profession:.....

Date:.....

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

Author: Neha Endlay and Dean Chandler

Department: Hand Therapy (Occupational Therapy)

Version: 3

Published: June 2024

Review: June 2026

We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.



You can use Text Relay to turn telephone communications into text. Use the Relay UK app on your phone, tablet or PC. You can also use Relay UK via Minicom or Uniphone.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔
 ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ 'ਤੇ ਫੋਨ ਕਰੋ: 01932 723553
 اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤزر میں اس فون نمبر 01932 723553 پر رابطہ کریں
 Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553
 यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553
 Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Ashford Hospital London Road, Ashford, Middlesex, TW15 3AA Tel: **01784 884488**
St. Peter's Hospital Guildford Road, Chertsey, Surrey, KT16 0PZ Tel: **01932 872000**

Website: www.ashfordstpeters.nhs.uk