

# Post-Operative Advise: Trigger Finger Release Occupational Hand Therapy

This information sheet is to act as a guide as to what to expect now you have had surgery for your trigger finger/thumb. We hope that this provides you with the information you need before you next see a professional.

## On Discharge Home

### Wound

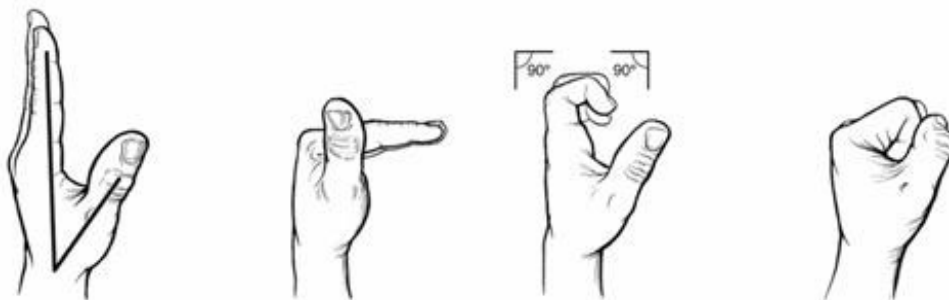
- Initially after your surgery you will have a bulky dressing to your hand as well as a primary dressing to the wound. It is important that you keep this dry or you may be prone to infection.
- You may be advised to remove the bulky dressing yourself after 48 hours, if so please leave the primary dressing 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 practise nurse!

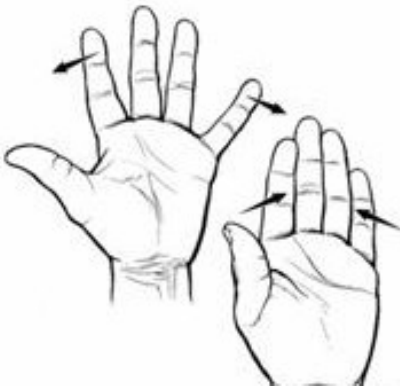
### Swelling

- 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 gentle active movement will also help it to go down.

### Exercises

- Complete the following sequence; starting with your fingers straight, then bend at the large joints with your fingers flat on top, hook the tips of your fingers, then make a full tight fist. Hold each move for 10 seconds.





- Spread your fingers out into a fan shape, hold for 5-10 seconds then bring them back together.
- Try 'stroking' your hand out flat on the table top and hold flat for 10 seconds.

### **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. Try 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 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 okay to be using 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](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

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**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.**



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यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

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Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Se precisa de uma tradução por favor contacte: 01932 723553

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