

Trigger Finger Release Post-operative Instructions

Keep bandage clean, dry, and intact for 5 days.

No lifting more than two pounds with the operative hand until the sutures are removed.

Elevate and ice hand for first 24-48 hours.

Move fingers frequently – alternate between making a full fist and stretching the fingers fully straight.

On the 5th day you may remove the bandage, wash as normal with soap and water, and then cover the wound with a bandaid.

First post-op visit (10-14 days after surgery):

Suture removal. Begin massaging scar. Advance activities as tolerated.