

## **Trigger Finger Release**

### **Home Care Instructions**

*The purpose of this surgery is to project the joint and skin rather than preserve or restore normal function. Although the tendons (the dynamic deforming forces) that cross the joint have been released, other structures stabilizing the joint, such as the ligaments, may still require occupational and hand therapy to mobilize.*

*-Dr. Michael C. Russonella*

- Splint** You will be in a splint, holding the hand/upper extremity in the position of rest. This will be left in place for the first two weeks and should always be worn except when at physical therapy. If it becomes wet or severely soiled. It must be replaced. Avoid re-wrapping the hand/arm too tightly with an ACE or other wrap.
- Diet & Activity** Resume your normal diet as tolerated. Go home and rest today. If you received sedation or general anesthesia, you may feel tired and drowsy. Therefore, you should not drive a car, operate machinery, drink alcoholic beverages or make any legal decisions for 24 hours, or while taking the narcotic medication. Unless otherwise instructed, you are weight bearing as tolerated to the affected upper extremity distal to the fracture site. This will protect the repair during healing. Some operative site sensitivity is normal after any hand surgery; this most commonly presents as sensitive to temperature extremes.
- Pain Medication** Resume all medications, as prescribed, unless otherwise advised. You will be given a prescription for narcotic pain medicine before you leave the hospital. Take this medication only if you need to relieve severe pain. Only take one pill every four hours with food. If your pain is not relieved by one pill, you may take two pills at your next dose. Use caution when taking narcotic medications, because they affect your ability to drive and concentrate. The pain medication causes constipation; drink plenty of fluids, apple juice and prune juice as needed. If you do not have a bowel movement within 5 days drink ½ bottle of magnesium citrate, which is sold at the pharmacy. Also take 2000mg Vitamin C until wound is fully healed.
- Wound Care & Showering** Keep affected hand elevated higher than the heart. This will greatly help with pain. Ice to splint, not to fingers. Use the sling for comfort during transit. Keep the splint clean and dry; if it becomes wet, do not reapply and contact us for an alternative or a replacement. If applied, the splint will be removed, and the dressing will be changed prior to your first post-op visit. Do not apply salves or creams to the wound. This can increase the risk of infection.
- Ice** Ice is an excellent source of relief of pain, swelling, stiffness, and inflammation. Use it as often as 15-20 minutes three times a day. You may continue to use ice several weeks following surgery. **DO NOT USE HEAT!**
- Return Visits** The office will call you to schedule your post-operative appointments.
- Emergency** Dr. Russonella's staff is available 24 hours a day in case you experience any problems once you leave the hospital. The risk of infection is very low risk. Notify the office if you develop a fever >101°F, with unusual increase in pain, redness, and warmth. Report any pus or unusual drainage to our office immediately. It could be a concern if your incisions swell or have drainage. If you encounter any problems, please call our office.

**\*\* If you feel chest pain or shortness of breath, please go to the nearest ER for evaluation. Do not call the office or wait for an appointment; although extremely rare, this could be a blood clot in the lungs.\*\***