

CARPAL TUNNEL LONDON

Mr Michael Kurer FRCS (Orth)
Consultant Orthopaedic Surgeon



Trigger Finger Release – Post-Operative Care

When you leave the operating room, there will be a dressing on the wound(s) and there will be a bandage over that. The hand will be partially numb.

The wound(s) has been glued; there are no stitches.

Over the next hour or so, the local anaesthetic will wear off. You should take some painkillers, such as paracetamol and Nurofen. It will be sore the first evening and night.

The next morning, take off the bandage but leave the dressing.

Keep the wound covered for at least 3 days but you may try to use the hand. You can put on a new plaster dressing until the wound is dry.

Try to move the affected finger(s) gently to prevent stiffness. It will be too sore to start with, so move the finger with the other hand, trying to get it fully bent and straight.

There will be swelling and bruising for up to 10 days.

People find that for the first 2-3 days it is more sore and limiting than one might expect but then the hand really gets going.

You are allowed to do whatever you can with it.

You can wash and go in the shower but do not soak the fingers.

Once you can grip with the hand you may drive.

Strong gripping, for example of a bottle top, may take up to a month to return

Contact your surgical team if you notice redness, swelling, or increasing pain.