

# **Patient Information Leaflet:**

## **Trigger Finger Release**

### **Introduction**

This leaflet provides information about trigger finger release, a surgical procedure to treat trigger finger. It is designed to help you understand the procedure, what to expect before, during, and after surgery, and potential complications.

### **The Procedure**

Trigger finger release is a surgical procedure involving creating a small incision in the palm of your hand and releasing the tight band that is causing the finger to stick. This allows the tendon to move freely.

### **Anaesthesia**

The procedure is usually performed under local anaesthesia, numbing your hand. You will feel a small prick when the injection is given, but you will not feel pain during the procedure.

### **Before Surgery**

You do not need any specific tests before surgery.

### **The Operation**

The surgery typically takes about 15-20 minutes.

We typically use a tourniquet that we inflate just prior to the skin incision.

## After Surgery

- You will be able to go home on the same day.
- You may have mild pain and swelling in your hand.
- The bandage applied after surgery can be removed after 48 hours, but the wound should remain covered with a waterproof dressing until the stitches are removed, usually 14 days after surgery.
- You should avoid heavy lifting and strenuous activities for the first week.

## Potential Complications

- Infection
- Stiffness
- Bleeding
- Nerve damage

Full recovery usually takes several weeks.

## Conclusion

This leaflet provides general information about trigger finger release. It is essential to discuss your specific situation with your surgeon. Please do not hesitate to ask any questions you may have.

**Note:** This leaflet is for informational purposes only and should not replace professional medical advice.