

Trigger Finger Post Op Instructions

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What do I do after surgery?

Your hand will be bandaged after surgery but you can begin finger and wrist range-of-motion immediately. You may remove bandage after **five days** and can cover the incision with a Band-Aid (flexible-fabric works best). At this point you can begin showering over the healed incision but should refrain from heavy manual labor and submerging the hand in water. **Two weeks** after surgery you will be seen in the office and have your stitches removed (this is painless). At this point you can **return to all activities** such as swimming and heavy manual labor.

*After surgery, please call our office to schedule
your follow-up appointment for 2 weeks.*

973-942-1315

- Take ibuprofen or tylenol for pain as needed
- Keep dressing dry and in place for first 5 days after surgery
- May keep stitches covered with Band-Aid after 5 days
- May shower after 5 days, and may swim after 2 weeks
- Return to light activities immediately and all activities as tolerated after 2 weeks

Can I do therapy on my own?

Of course! Formal therapy is generally not necessary and you can work on range of motion on your own at home. Keep your fingers moving by alternating between straightening and flexing them, making sure to attempt to complete a full fist (pictured below). This a simple yet important part of your recovery. It is also important to massage your surgical scar (after the first week) which will help soften and desensitize the healing tissue.

