

Trigger Finger Release Post Operative Rehabilitation Protocol

Following Surgery:

- Expect a surgical bulky dressing to be kept in place for 3-5 days.
- Gentle full motion of fingers encouraged several times a day.
- Elevate and ice palm area for at least 3 days. Do not ice the digit.
- Continue to elevate as often as possible until your next clinic visit.
- Shower with a plastic bag.
- Call if any problems or questions arise.

3-5 Days Post Op:

- You may remove your bulky dressing and place band aids over your incision area.
- It will be important to keep your incision area clean and dry. (OK to shower over sutures however.)

2 Weeks Post Op:

- Follow up in clinic for suture removal.

