

WHAT TO EXPECT AFTER TRIGGER FINGER RELEASE SURGERY

- You will be able to move your fingers immediately following surgery and are encouraged to do so to prevent stiffness.
- The dressing can be removed 48 hours after surgery.
- Please do not apply any creams or ointments (including Neosporin) to the fresh wound after surgery.
- The surgery typically only takes 5-10 minutes
- You can expect some soreness in your hand and/or fingers for a few days and some bruising. Ibuprofen and Tylenol are best for treating this soreness.
- It is common to have soreness at the surgical site for up to 6 weeks.
- Grip strength returns to what it was before surgery usually in 4-6 weeks.
- You can start driving as soon as you feel it's safe for you to drive. You will be able to write and use a computer immediately as well.
- Most patients feel much better within the first few 5-7 days.
- It is common for the edge of surgical wound to peel a bit like a sunburn. This gets better after a few weeks.
- A small percentage (<10%) of patients find it helpful to have a visit or two with a hand therapy help with the motion and stiffness, especially in severe cases. Let us know if your recovery is moving slowly and you would like some additional help.

Additional online resources

ASSH.org
Orthoinfo.org