

TRIGGER FINGER RELEASE – POST OPERATIVE INSTRUCTIONS

1. Regular diet as tolerated.
2. Elevate your hand above the heart.
3. Remove dressings the day after surgery. Keep wound covered with a Band-Aid. Change Band-Aids if wet. Keep hand clean and dry. Do not apply ointment or cream over surgical incisions.
4. You may take a shower the day after surgery.
5. Do not drive until cleared by the office to do so.
6. Do not drink alcohol beverages or drive if you are taking prescription pain medication. Take medication with food.

Call the office if you experience:

- Fever unrelated to the flu that is greater than 101.5
- Bleeding through your dressing
- Whitening of your fingers

You may begin to experience pain in your hand later on in the day following your surgery or the next morning. This pain is due to the anesthesia wearing off. Rest, elevation and pain medication will help your hand to feel better.

Gerald F. Cambria, M.D. General Orthopaedics & Sports Medicine, Orthopaedic Surgery

Gary R. Richo, M.D., Ph.D. General Orthopaedics & Sports Medicine, Foot and Ankle Surgery

Ignatius Komninakas, M.D. General Orthopaedics & Sports Medicine, Total Joint Reconstruction

Scott Waller, M.D. General Orthopaedics & Sports Medicine, Orthopaedic Surgery

Mark Blechner, M.D. General Orthopaedics & Sports Medicine, Spine Surgery

Sean Muldoon, PA-C. General Orthopaedics & Sports Medicine

Tamer Ghaly, MD. Interventional Pain Management