

## Trigger Finger Release

Trigger finger is an extremely common procedure which can easily be done under local anesthesia in the office. This saves not only time but a considerable amount of money by avoiding hospital copayments.

The symptoms of Trigger Finger (or thumb) usually include pain in the palm of the hand with inability to bend a finger or when it bends it gets stuck in that bent position.

There is really no conservative treatment that I have found to be successful. I suppose if you catch this within a few weeks a shot of cortisone may work but even then it's doubtful.

The procedure is done under local anesthesia and takes about five minutes. There is no cast or physical therapy involved.

### Postop

1. Keep elevated as best you can for 48 hours.
2. If you are allowed to take Advil (Ibuprofen over the counter) then take 4 every 8 hours for the first 48 hours starting upon your arrival at home even if you are not hurting yet. Tylenol ES 2 pills every 6 hours helps as well.
3. After 48 hours take off your dressing and wash your hand with soap and water. If your hand bleeds through the dressing leave it alone. It will stop. Keep it clean after the dressing is off but don't put any medicine or band aid on it.
4. You may use your hand during this time and move your fingers.
5. Stitches usually come out around 10 days after the procedure.

**Thanks for letting me take care of you!**

Stephen G. Littlejohn, M.D.