

Trigger finger release

- Trigger finger surgery typically takes 5 to 7 minutes to complete.
- Incision is closed with nonabsorbable sutures that will be removed at your 2-week postop visit.
- During procedure incisional site is closed and covered with gauze and Ace wrap. The gauze and wrap are to be left in place for 3 days. After 3 days this can be removed, and you can shower as usual with water and soap. After hygiene please replace with a small bandage of your choosing.
- DO NOT put any alcohol, hydrogen peroxide, Neosporin, Aquaphor, or any other ointments to the incisional area. Only soap and water to the area.
- No heavy lifting greater than a cell phone, coffee cup, water bottle. Lifting greater than this weight can begin at 3 to 4 weeks after procedure once the wound is healed.
- Begin to move the affected finger immediately. Please work on being able to fully straighten and fully close the finger.
- In some cases of chronic or severe trigger finger cases, some patients may require therapy to work on range of motion or scar tissue management. There is also some instances of if chronic severe trigger finger at the knuckles may never straighten out fully.

Narcotic policy:

1. Pain medications will be supplied for perioperative care from time of surgery and will be determined by provider but will not exceed to 3 months.
2. Unless you are already a patient to an existing pain management contract, we require that you not receive any additional pain medications from any other providers. If you are in a pain contract you must reach out to the pain management doctor when planning surgical procedure.
3. Must receive prescriptions from only 1 pharmacy.
4. Understand that prescriptions lost, stolen, accidentally disposed of or consume before the appropriate date of refill will not be refilled.
5. We will not refill narcotic drugs after hours or on the weekend. No exceptions. Refill request will be processed Monday through Thursday 8 AM to 4 PM and Friday 8 AM to 2 PM.
6. Prescription refill request must be submitted either via phone or MyChart to your providers office. Refills may take up to 40 hours to be filled.