

## Trigger Finger Release Surgery

You have noticed that your finger doesn't open or close freely. Your surgeon feels that you have what is called a "trigger finger". You may have come to a joint decision to have this released.

The procedure involves releasing the tendon from the "tunnel". This is done as a day case usually under a local anaesthetic.

### Before Surgery

You will be seen by Mr Shah before the operation. He will confirm the correct side and will take this opportunity to draw on your hand (mark with a marking pen). This is to ensure the correct hand is operated on. If you have any questions, now may be the time to ask them.

### During Surgery

Once in the operating theatre, you will lie down with your arm stretched out, resting on a smaller table. A tight inflatable band (tourniquet) may be placed across your upper arm. This is to limit the amount of bleeding. It may be uncomfortable but should only be on for around 10 minutes.

The skin of your hand and wrist will be cleaned with antiseptic solution and the area numbed by injecting local anaesthetic. This will sting and may hurt for a very short time – but the hand will become numb and pain-free very soon after. This is the most painful part of procedure.

A incision is made through skin in the palm at a site the surgeon calls the "A1 pulley" which is found an inch from the beginning of the finger. The incision is around 1½cm in length but varies greatly. The skin will then be usually closed by dissolvable stitches (sutures), which usually falls off after 10- 14 days. You will be reviewed in 2 weeks for a wound check.

### After Surgery

It is really important you ELEVATE (keep up) your arm to limit the swelling and pain. You can start moving your fingers straight after the surgery. You can reduce your bandages after 2 days.

If a surgical glue is used then you can have shower, wash your hand and even put soap on your wound after 2 days. However you need to avoid bath, swimming pool etc where you have to soak your hand for long time.

You should avoid heavy use of the hand, but light activities may be started after a few days. The scar can be painful and swollen for several months. Massage with moisturising creams such as E45 will help with this, usually 3 weeks after the operation provided your wound is fully healed.

<b>Type of Operation</b>	Day Case	
<b>Procedure Length</b>	15 minutes	
<b>Anaesthesia</b>	Local Anaesthesia	
<b>Time of Work</b>	Light desk job	Few days
	Heavy job	4-6 weeks
<b>Driving</b>	Usually with in a week	