



# CANADIAN PLASTIC SURGERY CENTRE

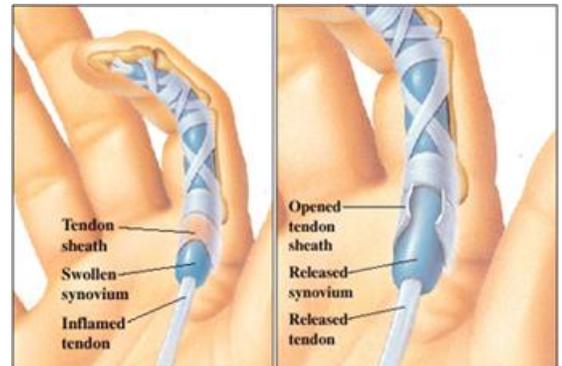
## Trigger Finger Release

What is Trigger Finger?

Trigger finger is a painful condition caused by the inflammation of the or scarring of the tendon sheath around the tendons in the finger that permit you to make a fist. Inflammation or scarring cause constriction on the tendon causing the fingers to snap or lock as it tries to glide through a narrow tunnel.

What are the symptoms you experience with Trigger Finger?

Trigger finger is a “snapping” or “locking” conditions of any of the digits of the hand when one attempts to open or close the hand.



What is the cause of Trigger Finger?

Trigger finger is typically caused by repetitive trauma to the finger such as with activities that requires repetitively gripping or straining of the hand.

How is this condition treated?

Treatment of trigger finger includes the use of steroid injections which decrease the inflammation and thus the narrowing of the tunnel through which tendons pass and or through surgical release of tendon by opening up the tendon sheath of the involved digits.

### Trigger Finger Release Post-Op Instructions

- You should not experience much pain after your procedure. If you experience pain, please take over the counter Tylenol (Acetaminophen) Extra strength or Advil (Ibuprofen) for pain relief.
- Keep the dressing clean, dry and intact for 2 days after surgery. You can remove the dressing and tensors after 48hrs. Please wash the wound(s) with soap and water. Expose your incision to air to allow it to dry.
- Please note that swelling in the fingers is normal post-operatively.
- Your follow-up appointment should be 10-14 days after your procedure for assessment of the incision and suture removal.
- Please not a little bit of swelling over the incision is okay. However, please watch out for signs of infection such as redness that spreads beyond your incisions, the breaking open of your skin and/or pus that drains from your incision. If you have any of these signs, please call the minor surgery office to book an appointment to see Dr. Chivers as soon as possible.

Recovery course

- WE encourage the use of your hands within 2 days after surgery to prevent scaring. However you should avoid strenuous activity or heavy lifting for 10-14 days until the sutures is removed.
- Feeling a small hard bump over the incision or surgical area after surgery is normal. This is a result of scar tissue development. After your stitches are removed, we recommed that you start massaging the area to help with the healing of your skin. Over time, the hardness should resolve. Massaging will also help with the sensitivity that develops with non use. You should massage your hand 3-4 times a day.

*If you have any questions or non-emergent concerns, please call our office at: (416) 244-8377 Monday-Friday 9am-6pm  
or email us at [info@canadiansurgery.com](mailto:info@canadiansurgery.com)*