



## **TRIGGER FINGER RELEASE POST OP INSTRUCTIONS- DR. DAVID RATLIFF**

### **WHAT DO I DO AFTER SURGERY?**

Your hand will be bandaged after surgery but you can begin finger and wrist range-of-motion immediately. You may remove bandage after **two days** and can cover the incision with a Band-Aid (flexible-fabric works best). At this point you can be showering over the healed incision but should refrain from heavy manual labor and submerging the hand in water. It is good to keep the fingers moving and gentle motion beginning the day of surgery is encouraged.

### **When do I schedule my follow up appointment?**

Call our office at 973-898-5999 to schedule your first follow up visit 2 weeks after your procedure. At this appointment your stitches will be removed. You no longer need to keep the incision covered at this point and you can return to activities as tolerated.

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If you have fevers, increasing pain, or any questions regarding your care feel free to call our office and we will address your concerns.

### **Helpful tips:**

1. Ice and elevation (keeping your hand above the level of your heart) are both very helpful during the early post op period.
2. If you notice that your hand appears to be swelling it is most likely because it needs to be elevated or your dressing may be too tight (if you get permission from your doctor you may be able to loosen the outer dressing).
3. Some patients find it alarming to see bruising in their fingers and hand after surgery, but this is quite normal.
4. The numbing medication put in at surgery can last 24 hours or more, depending on the person.