

# J. Clinton Walker, MD

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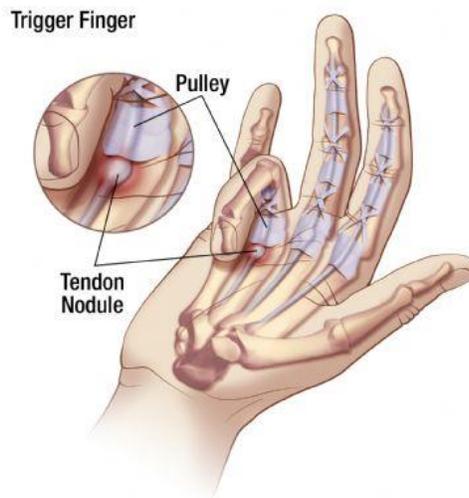
Olathe Office

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*If you have any questions or concerns, call the office*



## Trigger Finger

Triggering may occur in a finger or thumb. It occurs when an inflamed tendon cannot slide through its sheath causing “locking” in the digit. You may feel pain, a pop or catching sensation. Triggering may occur occasionally but become more frequent inhibiting functioning of the digit. Symptoms can be treated conservatively, with medications and cortisone injections. If your symptoms persist, they may suggest surgical intervention.

### **Surgery**

Your surgeon will make a small incision along the swollen tendon sheath allowing the tendon to move freely. This procedure is usually performed under anesthesia with sedation and local anesthetic (numbing medication) which means you will be asleep for the procedure under light sedation (less than required for general anesthesia). You will also be required to have a driver the day of surgery.

### **What to expect after surgery**

You will need to avoid heavy lifting. You will also be instructed to keep your bandage on, clean and dry until your post-operative appointment with your surgeon. Pain medication will be

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prescribed for post-operative pain relief. You will wean from this medication over time as your symptoms subside. You may also experience some bruising and/or swelling. These symptoms may be alleviated through Ibuprofen or Aleve, elevation, and ice. (Please do not take additional Tylenol if you are taking narcotic pain medication; this already has Tylenol). Some temporary loss of feeling or numbness is normal. Be cautious of extreme heat or cold. Your fingers will be free to perform normal activities of daily living and it is recommended that you keep your fingers moving to prevent stiffness and swelling after surgery; however, we suggest you refrain from repetitive gripping and heavy lifting until after your sutures have been removed.

### **Reasons to call our office**

Please call our office if you experience abnormal drainage (yellow or green), fever over 100°F, chills, increasing redness around the incision site, or side effects from your pain medication such as prolonged nausea or rash.