TUAN A. TRAN M.D., M.B.A, F.A.C.S.

Diplomate American Board of Plastic Surgery, Diplomate American Board of Surgery

General Surgery, Reconstructive Surgery, Aesthetic Surgery, Plastic and Hand Surgery

Trigger Finger Release

Post-Operative Instructions

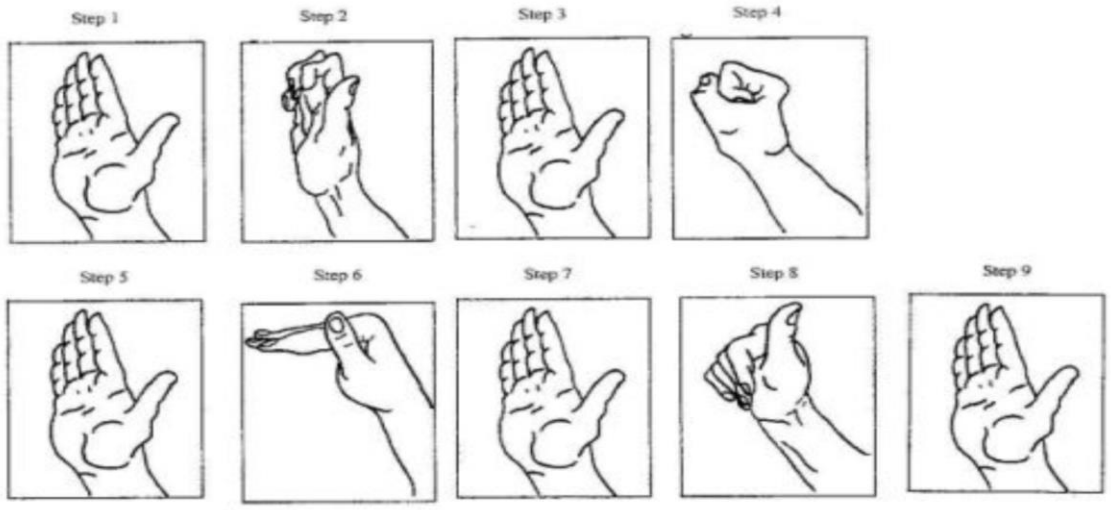
Home Care

- After surgery, keep your hand elevated above your heart to help decrease swelling and discomfort.
- You may apply an ice pack for 20 minutes every hour you are awake to reduce pain and swelling.
- It is important to move your fingers immediately after surgery to prevent stiffness. Read bellow for exercise instructions.
- Keep your dressing dry and clean.
- The bulky dressing can be removed 3 days after surgery. You may clean your hand with soap and lukewarm water, avoid soaking the incision in water or vigorously rubbed.
- Apply a new dressing over the incision.
- Cover the dressing with a plastic bag while bathing or showering.
- Take your pain medications as prescribed by Dr. Tran. You may call our office or your pharmacy for questions regarding your medications.

Exercises

To avoid finger stiffness, practice these exercises throughout the day during the first 4 weeks after your surgery.

Tendon Gliding Exercises



Tendon gliding exercises include opening and closing of the hand, as well as isolating, bending and straightening the tip of the affected finger. Perform these motions in 5-10 repetition each time, for 3-4 times a day. Avoid heavy lifting or strenuous activity until cleared by Dr. Tran.

10301 Bolsa Ave Ste 101
Westminster, CA 92683

Phone 714-839-8000
Fax 714-839-8008

Email graphsurgery@gmail.com
Website www.tranplastic.com

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Follow-up Care

Your post-op appointment will be within 7 days of your surgery. Our staff will arrange for your visit at your pre-op appointment.

Possible Problems/Emergency

If you develop any symptoms such as fevers with temperature greater than 101.5 F, chills, persistent nausea and vomiting, inability to urinate, persistent numbness/tingling of fingers, any increasing pain not controlled with medications, and if the splint feels tight and is squeezing your wrist/forearm, please contact our office at 714-839-8000 between the hours of 9AM-6PM on Monday-Thursday and 9AM-1PM on Friday; or you may reach us at 714-860-3588 after hour.

If you are unable to reach your surgeon or a member of his staff, go to the Emergency Room closest to you.

References:

Padilla, J. (N.D.). *Post-op instructions for trigger finger release.* Chippewa Valley Orthopedics and Sports Medicine. Retrieved from https://www.cvosm.com/webfiles/fnitools/documents/padilla-trigger-finger-post-op.pdf

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