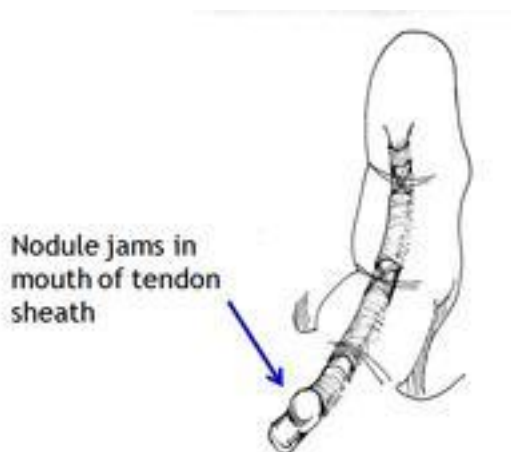


# Trigger Finger/Thumb Surgery

Trigger finger is a painful condition in which a finger or thumb clicks or locks as it is bent towards the palm.



## Surgical Trigger Finger/Thumb Release

**This involves a small incision at the base of the finger, and release of the tight strap over the tendon at the base of the finger.** It is usually carried out under a local anaesthetic as a day/outpatient procedure and takes around 15 minutes.

**The wound will require a small dressing and bandage for 7-14 days,** but light use of the hand is possible from the day of surgery and active use of the digit will aid the recovery of movement.

## Milestones

- From 0-2 weeks – You will be in a bandage but able to move your fingers to prevent stiffness
- From 2 weeks- The bandage is removed, movement of the hand and wrist is encouraged. You may be able to use your hand for light activity and return to work (sedentary work)
- From 2 weeks – You may be able to return to driving dependent on pain levels, and which hand had surgery (for gearstick and hand brake)
- 6 weeks- Most people are back to normal activities
- 3 months- Full return to sport and activities

## Risks and Consequences

<b>Finger joint stiffness (proximal interphalangeal joint)</b>	Likely	If the triggering has been longstanding it can take some time and exercise to regain full movement of the finger
<b>Swelling, stiffness and scar pain</b>	Likely	Localised swelling and stiffness following surgery can be reduced by elevating the arm and moving the fingers and thumb. Massaging the tissues can improve irritability over the scar.
<b>Infection</b>	Rare Affect 1% or 1 in 100 people	This is generally treated with oral antibiotics. Occasionally may need re-admission for Intravenous (I.V.) antibiotics or further surgery
<b>Complex regional pain syndrome</b>	Very Rare Affects 0.2% or 1 in 500 people	This can be a very serious consequence with some permanent changes including stiffness in the hand and arm. CRPS can usually be avoided by staying motivated with elevation, movement and scar massage.
<b>Nerve injury</b>	Very Rare	There may be a small patch of numbness next to the scar after this surgery.