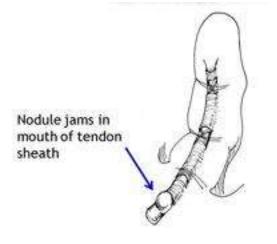




## Trigger Finger/Thumb Surgery

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 form 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

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## **Risks and Consequences**

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

