



## Trigger Finger

### Discharge Instructions

- Comfort
  - Discomfort increases 6-24h after surgery due to anesthetic wearing off. This can be helped by oral pain medication. It is safe and normal.
  - Cold therapy – This will greatly reduce pain and will help with swelling for the first three days. You may use it 20 minutes on, 20 minutes off, as often as you wish. Always keep a cloth barrier, such as a towel, between the cold and your skin.

### Medication

- For constipation – over the counter remedies such as Colace or Miralax as needed. Both the anesthesia and the pain medication can cause constipation.
- For pain – you can take weight-based ibuprofen (advil/motrin) and acetaminophen (Tylenol) for pain

### Activity

- You will be discharged with a soft dressing on your hand
- You should continue to move your other limbs
- Driving—We want you to be safe and comfortable when you return to driving. We will discuss this more at your first post-op appointment. At a minimum, no driving until you have stopped taking the narcotic.

### Wound Care

- You will have a soft dressing with a bandage and ACE wrap. You can loosen the ACE wrap but do not remove the white bandages underneath. You should keep the arm dry (use a bag for showering, hold it out, etc.)
  - Do not get the bandages wet the first 3-5d after surgery—so this means covering it for showering, sponge bath only, etc.
  - The bandages were applied under sterile conditions in the OR, and we want to avoid bacteria near the incision.
- After 3-5d, you can take off the dressing to check on the incision. Keep the surgical incisions clean, dry and covered. If you have any concerns about the incision (redness, draining, swelling, pain), you can call us and send a picture to [info@genesisortho.com](mailto:info@genesisortho.com)

### Diet

- You may eat anything you like, but it's advisable to choose light, easily digestible foods and to drink plenty of water the day after surgery. Some people experience nausea as a temporary reaction to anesthesia.

### Call your physician if:

- You develop a temperature over 100.3 degrees.
- You notice any drainage of the incisions 5 days or later after surgery.
- The arm becomes hot to the touch, red, intolerably painful, or swells suddenly. (Note some warmth, pain, and swelling are normal.)
- You have persistent pain and / or swelling in your calf.
- You have any questions or concerns. We are happy to talk to you at any time! If it is after hours, our answering service will page the PA on call and he or she will get in touch with you.