

# Trigger Finger Release Post Operative Instructions

**Brad Carofino M.D.**

*Shoulder, Elbow, Hand Surgery*  
Atlantic Orthopaedic Specialists

Please contact with questions  
[carofinob@atlanticortho.com](mailto:carofinob@atlanticortho.com)

Secretary: Katrina Riddick  
757-321-3300

## **What operation did I have?**

You had an operation to cut the tendon sheath (tunnel) and make more room for the tendon to slide in your finger. This will eliminate the pain and clicking.

## **What should I expect the day of surgery?**

You will have some numbness in the hand from the medicine we use during the surgery. This will last for a few hours. After it wears off you will feel some pain at the incision site. I recommend that you start your pain medication before the numbing medicine wears off.

## **What medications should I be taking?**

### **We will prescribe the following medicines.**

1. Pain medication: Most patients only need to take these for a few days and then can switch to over the counter medicines such as alleve or Tylenol.
2. Zofran. This is a nausea medication. You should only take this if needed, and may want to wait to fill the prescription since it can be expensive.

## **What can I do with my arm and hand?**

You will have a small bandage on your hand. You should keep the incision clean and dry for three days. You may use the hand to do any activities that you are comfortable doing. You should not do any heavy labor or anything that will put a lot of direct pressure on the incision.

It is good to work on moving the hand right away. You should try to make a full fist several times per day.

## **Can I remove the bandages?**

You may remove the bandage tomorrow and cover the incision with a band-aid. You should wear a band-aid for at least three days. Do not get the incision wet for three days. When you shower cover the hand with a plastic bag.

## **When should I have a return appointment?**

You should return to see Dr. Carofino in 12-14 days to have your stitches removed. Please call Katrina Riddick to schedule this appointment. 757-321-3300.

**Can I drive?**

It is your responsibility to determine if you can safely drive. You cannot drive while you are taking narcotics.

If you develop signs of an infection such as fevers, increasing pain, redness at your incision site, pus drainage from incision you should notify our office immediately, or go the emergency department.