

**GLENELG**  
ORTHOPAEDICS



## **Trigger Finger or Trigger Thumb Release Instructions for Patient**

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## Trigger Finger or Trigger Thumb Release

### Instructions for Patient

1. Patient should elevate arm above heart as much as possible first 5 days. A sling does not get enough elevation. It should be near your ear- easier resting elbow on window pane in car, back rest of sofa- when lying flat, or, on pillows resting against chest when flat in bed.
2. Wool & Bandage dressing to be removed 48 hours after surgery leaving Mepore dressing intact. This is to be **kept dry** for 5 days. On 5<sup>th</sup> day the dressing can get wet, and sutures can be left exposed.
3. The sutures should be removed at about 10 days, by either Mr Nimon or General Practitioner.
4. After discharge, ring Debbie on 8376 9988 for an appointment for follow-up approximately 10-14 days after surgery.
5. Patient to be encouraged to move digit, as pain allows, as soon as possible.

6. Usually pain improves on a daily basis, but patient to rest at home and slowly do more each day. If however pain suddenly increases, wound swells or redness or fluid discharges, please contact me ASAP- ph 8376 9988 or after hours pager available on 8378 2179.

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