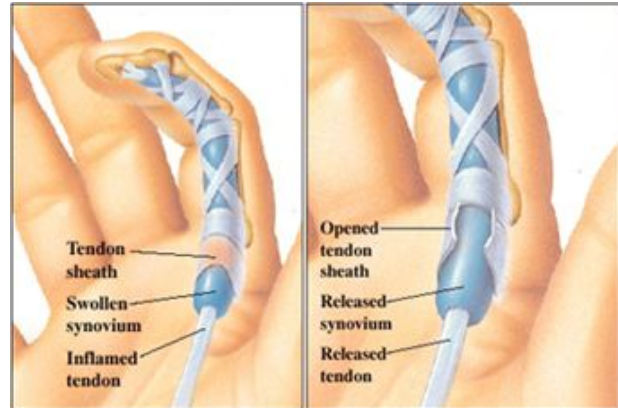


## Trigger Finger Release

The tendons that control the movement of your fingers glide underneath a tunnel, called a **pulley**, at the base of your fingers. Sometimes, things such as overuse can cause the tendon to swell, called **tendonitis**. When the tendon gets bigger, it can rub against the pulley and actually form a nodule. The tendon can get stuck at the base of the pulley or inside the pulley. This is what we call a **trigger finger**.

A **trigger finger release**, also known as an **A1 pulley release**, is an outpatient procedure that can be performed to release the tendon. A small incision is made at the base of the finger or thumb that is triggering, and the pulley is cut to allow free movement of the tendon. The tendon is *not* cut

during the operation. This allows the finger to straighten better.



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### Post Operative Care

You will have 3-4 sutures in your hand with a post-op dressing. Keep this clean and dry, meaning you will need to cover it with a plastic bag when you shower until 4 days following surgery. You will be allowed to remove the dressing in 4 days, but you will need to keep it covered to protect the incision and to pad your hand, as it will be sore. You can shower with a waterproof bandage over the incision. Please check the incision daily.

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### Frequently Asked Questions

1) Should I move my finger(s) that underwent surgery?

Yes, moving the finger helps prevent stiffness and helps you recover faster. Typically, there is swelling along the finger, and many people cannot fully extend for 2-4 weeks.

2) I think my dressing is too tight. What can I do?

You should be able to run your finger around the inside of your dressing. Your fingers should have their normal color, and you should be able to move them. Push on your fingernail. It should turn white and then quickly regain its color. You can make a small cut at the ends of the dressing if it is too tight. Please call the office if you are having problems.

3) What can I expect at the first post-op visit and beyond?

The sutures will be removed at your first post-op visit. It is normal to have swelling and stiffness in the operative finger(s). In fact, it is normal to have this persist 4-6 weeks. Many times, we will prescribe an anti-inflammatory or steroids to help. It is also normal for the incision to be sensitive for 4-8 weeks depending on what you do with your hand. Some people do require therapy. People with diabetes will have at least one visit one week post-op, as they tend to swell and scar more. Also, people with heavy labor jobs or having more than one trigger release at surgery will benefit greatly from therapy.