

Trigger Release Protocol Kavi Sachar, MD

Copies of this protocol and background about carpal tunnel syndrome may be found on kavisachar.md.com

Surgical Procedure: With a trigger finger release, a small incision is made along the palmar surface over the A1 pulley of the involved finger. The A1 pulley is identified and carefully divided or released, allowing the flexor tendon to glide more easily during range of motion of the affected digit. Dissolvable sutures are used to close the skin, sutures will not need to be removed post-operatively.

When you go home from surgery, you will have light dressings placed to cover the incision made in the palm. You will have immediate mobility of all fingers and wrist. Dressings may be removed and changed approximately 3 days after surgery. Incision should remain covered and kept dry until your first post-op appointment or 7-10 days after surgery.

NOTES: Post-op therapy will likely be brief and will emphasize home exercise program / scar management techniques.

6-10 Days Post-Op (Initial Post-op Visit):

- Dressing:
 - Bulky dressing is removed, and a light compressive dressing is applied.
- Exercise:
 - Full Active/Passive Range of Motion, tendon gliding exercises for digits and thumb.
 - Full Active/Passive Range of Motion of the wrist, forearm, elbow.
- Education:
 - Full use of the involved extremity for activities of daily living (ADL's).
 - Avoid heavy gripping or lifting.
 - Avoid repetitive grasping or pinching.

10-14 Days Post-Op:

- Therapist authorized to remove sutures if still in place/if applicable
- Once the incision is completely healed, scar management techniques may be initiated.
 - Scar massage
 - Use of silicone gel sheeting
 - Scar desensitization

2-4 Weeks Post-Op:

- Progressive strengthening may be initiated at this time.
 - Theraputty – emphasis on intrinsic strengthening (vs. gripping)
- Encourage normal functional use of the hand.

FAQ's

- **How quickly am I able to do basic activities like typing?**
 - You will have full use of fingers immediately following surgery and may feel up to typing and performing basic activities of daily living within a few days. Special attention should be taken to avoid any activities that may increase the possibility of reopening surgical incision.
- **Can I get my incision wet?**
 - No, incision should be kept clean and dry for about 7-10 days following surgery
- **Will I need to be in a splint after surgery?**
 - No, you will be placed in a soft dressing immediately following surgery and will not need a spint during recovery
- **How soon can I ski/snowboard/etc.?**
 - As soon as your incision is fully healed, you may return to all the activities that you enjoy (Approximately 7-10 days after surgery)
- **Will I need pain medication?**
 - Pain from trigger finger release surgery is typically minimal, however, everyone experiences pain differently and we address your pain on an individual basis. Pain is always worse at night and elevating the surgical extremity is the most important factor when working to improve pain. If tolerated, we use extra strength Tylenol and Ibuprofen/Naproxen as a first line medication. Most patients do well with this regimen alone, however, a prescription of Tramadol (if tolerated) is provided to help with breakthrough pain and to help you sleep through the first few nights. Most patients only utilize narcotic pain medication for the first 2-3 days.
- **What kind of anesthesia will I have?**
 - We prefer to do this procedure under local anesthesia, if you cannot tolerate being awake for surgery, we will provide you with light sedation.