

Trigger Finger / Thumb Release Post-Operative Instructions

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Post Operative Instructions

Elevate your arm above your heart as much as possible for the first 5 days. A sling does not provide enough elevation. Your arm should be near your ear which is easier when resting your elbow on the window pane in the car or on the back of your couch. When you are lying flat this can be achieved by resting your arm on pillows on your chest.

The wool and bandage dressing should be removed after 24hours

leaving the Mepore dressing intact. This is to be kept dry for 5 days. On the 5th day, the dressing can get wet and sutures can be left exposed.

The sutures will be removed approximately 8 days after surgery, at the post-operative appointment. You will be given this follow up

appointment upon discharge from surgery. If you have not been given this, please contact the rooms on 8376 9988.

You **MUST** move your finger or thumb, as much as possible, as soon as possible.

Usually pain improves on a daily basis but you should rest at home and slowly do more each day.

If you have any concerns such as swelling, redness, increased warmth of the operation site, excessive discharge from the wound or you have a temperature or generally feel unwell, please contact Dr Nimon on [8376 9988](tel:83769988) or after hours paging service 8378 2179.