

## Trigger Release Postoperative instructions

- Please review the website for preoperative and postoperative instructions.  
<http://www.bostonhand.com/surgery-information/>
- Keep the involved hand above the heart for 2-3 days after surgery.
- After 2-3 days after surgery try not to keep the hand dependent (below the heart) until it starts to feel normal usually 7-10 days. You may have some swelling or increased soreness if the hand is dependent for a prolonged time.
- Keep the dressing and wound dry. Do not wet it. If it gets wet it must be dried completely. It may be wiped with alcohol.
- After 2 or 3 days unless otherwise instructed you may remove the dressing and apply a Band-Aid. Please wash your hands prior to changing the dressing.
- Until approximately 3 days after the sutures are removed keep the wound covered with a Band-Aid and try not to have any pressure on the wound. If the wound gets sweaty or wet it must be completely dried. It may be wiped with alcohol.
- Commercial cast protectors are available in pharmacies as well as on the internet such as Amazon. These can be very helpful to keep the dressing and incision dry. Alternatively, a plastic bag such as used for a newspaper can be helpful.
- Finger motion should be started the day of the surgery and is very important. Even in the postoperative dressing motion can be started. Full extension (straight) and full flexion (bent) are encouraged
- It is a common problem to have difficulty getting full motion. Getting full extension can be difficult and a flexion contracture (slightly flexed (bent)) could develop. The best way to prevent this is early motion.
- The hand can be used for routine light activities.
- Make sure you work on elbow and shoulder motion also until it is easy.
- Opioid pain medications can be helpful but may not be needed. You may be prescribed a narcotic pain medication. Your physician will discuss this with you. Opioid pain medications are usually not needed for more than one or 2 days. Nonsteroidal anti-inflammatory (NSAI) medication such as Advil, Motrin or Aleve can be used (take the anti-inflammatory medications with food). Please review <http://c1-preview.prosites.com/61878/wy/docs/opioids%20MOA%20HSA%202016.pdf>
- Ice on the hand but not directly on the wound can be helpful.
- The sutures will be removed between 10-14 days.
- The day after the sutures are removed the wound can get wet if it is completely healed. However it should not be submerged for at least 3 weeks post-surgery and the wound is completely healed
- At 3 weeks post-surgery you can do scar massage over the incision. This is performed by rubbing your scar in a circular fashion with hand lotion 1-2 times per day.
- Continue finger motion completely straight (extension) to completely bent (flexion) until it is easy to perform.
- Call if any problems

