



**Michael S. Day, MD, MPhil**

WellSpan Orthopedics

120 North Seventh Street, Chambersburg, PA 17201, Suite 101

Tel: (717) 263-1220; Fax: (717) 263-6255

**POST-OPERATIVE INSTRUCTIONS**  
**PERCUTANEOUS TRIGGER FINGER RELEASE**

**Activity**

- Elevate the arm at all times to help reduce swelling and pain. Using several pillows, maintain the arm above chest level especially when sitting & sleeping at night.
- You may apply ice packs to your hand and digits to help with pain and swelling as well (20-30 minutes four times per day).
- Wiggle your fingers regularly. Open and close your fist to maintain digital flexibility and motion. You may use your opposite hand to assist in these exercises.
- Please avoid high force/resistance grasping and lifting objects greater than one pound for a period of 2-3 weeks following the procedure in order to prevent wound complications.
- You may develop bruising around your forearm and elbow. Do not be alarmed; this is normal following this type of procedure. If you develop significant arm swelling, redness, or tenderness, you should contact our office promptly.
- After about two weeks you may gradually wean yourself back to your normal day-to-day activities without restriction.

**Dressings**

- A large bulky Coban compressive dressing has been placed on your hand. This dressing is designed to minimize swelling (and should feel “snug”).
- You may remove the dressing 72 hours after your operation.
- Clean the surrounding skin with sterile water or rubbing alcohol and cover the wound loosely with a small band-aid or a clean dressing. Be sure not to vigorously rub over any of the incision sites as they are still healing.
- Re-wrap the incision using a soft dressing or ACE bandage.
- After a few days you may leave the wound open to air or simply cover it with a band-aid.
- Keep your incision clean and dry for the first few weeks following surgery. If you wish to shower, plastic bags, saran wrap, and waterproof dressings can all be used to keep the area dry.

## Medication

- You have been prescribed the following **pain medication**:
  - Tylenol #3 – Please take 1 tab every 4-6 hours as needed for pain.
- As the pain gradually improves you may transition over to Extra-Strength Tylenol which is a strong non-narcotic alternative for pain.
- You have been prescribed the following **anti-inflammatory** to help with post-procedural swelling
  - Mobic – Please take 1 tab once a day with food for the first 2 weeks following surgery
- You will be prescribed an oral **antibiotic**, to prevent any post-procedural infection:
  - Duricef 500 mg tablets – Please take 1 tab twice a day with food for the first 3 days following the procedure
- If you have any side effects (i.e. Nausea, rash, trouble breathing) from medication discontinue its use and call our office.

## Follow Up

- You will be seen by Dr. Montgomery or his Physician Assistant for your first post-procedural visit in 4-5 weeks.
- Call the office immediately if you develop a fever (>101.5), chills, excessive incision drainage, calf pain, or persistent hand numbness.
- If you have any questions or concerns please feel free to call the office.