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Yeovil District Hospital 
NHS Foundation Trust

TRIGGER FINGER RELEASE

Hand Therapy Service

www.yeovilhospital.nhs.uk

Please read this sheet carefully and if there is anything you do not understand or if you require further information, speak to your nurse or physiotherapist.

TRIGGER FINGER RELEASE

This operation allows the tendons which bend your finger to move freely again by releasing the channel they glide through, thus allowing the finger to straighten properly.

ON THE WARD

You will be visited by the doctor who will discuss the operation and give you an opportunity to ask any questions. The site of the operation will be marked and your written consent for the operation obtained. All jewellery on the affected side should be removed.

AFTER THE OPERATION

Discomfort

You will be offered mild pain relief medication to take for the first 2 to 4 days to deal with any discomfort you may have. Severe, continuous pain should be reported to your doctor.

Swelling

To aid the removal of swelling in your hand, it is essential that you follow the instructions below:

1. You will be supplied with a sling or collar and cuff to keep your hand above your heart when standing and walking. Use this for the first 48 hours after surgery.

Remove your sling hourly so you can do the exercises described in the next section.

When sitting or lying, support your arm and hand on pillows at heart height.

If you experience excessive swelling of the hand and fingers, it may indicate that the bandage is too tight particularly if, in addition, the fingers are very painful, numb, cold or blue. If these symptoms are not improved by exercising the fingers as described in the next section, contact the Casualty Department of your local hospital or your own doctor.