

## Patient information sheet – Trigger finger release

### Why is Trigger finger release done?

Trigger finger release is a surgical procedure to treat Trigger finger, where the finger gets locked in a particular position during movements of the finger. This can be congenital or acquired. It can cause pain and a very disconcerting snapping sound when you try to bend and straighten your finger. You might also have a nodule on the base of the finger that can be felt through the skin. This procedure releases the A1 pulley in the hand which causes the nodule to get stuck and cause the triggering.

### What tests are needed?

After a thorough physical examination by your hand surgeon, an Ultrasound or MRI of the hand might be required.

### How many days of hospital admission is required?

It is a daycare procedure and you will be discharged from the hospital on the same day of surgery.

### What does the surgery involve?

Dr Vybhav Deraje offers the most contemporary treatment with WALANT (Wide awake, Local anaesthesia, No tourniquet) surgery. Here you will be wide awake, the procedure will be done under Local anaesthesia without the usage of a tourniquet. Hence you will be absolutely comfortable throughout the procedure.

You will be admitted on the day of surgery. The surgery is conducted under local anaesthesia and takes about 30 minutes. A small cut is made in the base of the affected finger and the A1 pulley is released. You will feel the improvement instantly while you move the finger. You will be given some pain killers and antibiotics and discharged on the same day evening. You will be given a splint to your hand to support the hand and reduce pain and swelling.

### What happens after surgery?

There will be a follow up appointment after 1 week to check the wound. Stitches are removed after 2 weeks. Improvement is immediate, but you might need hand physiotherapy for 3-6 months after surgery.

### What is the downtime after surgery?

You will be able to go back to normal activities from the next day. Strenuous activity like jogging, gym and sports can be resumed after 6 weeks.

### What complications can I expect?

Infection, bleeding, swelling, bruising and pain are common complications that can happen. The pain will be managed by our acute pain service team while in the hospital. Scar will be there on the hand, but usually settles down well with scar treatment. Recurrence is always a possibility, but rare.

### I have a few more questions. What do I do?

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Kindly write to us at [contact@drvvybhavderaje.com](mailto:contact@drvvybhavderaje.com). We will be happy to reply to any of your questions and concerns.

Disclaimer: This information sheet is for you to get a general idea about the condition and surgery. This is in no way a substitute for a formal consultation with your doctor.

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