

Trigger Finger Release

OS36 Lite - Expires end of January 2024



This fact sheet is for general information about this procedure only. It is not intended to be used as medical advice or to replace advice that your relevant healthcare professional would give you. If you have a particular medical problem, please consult a healthcare professional.

© EIDO Systems International Limited. The operation and treatment information in this document is published under license from EIDO Systems International and is protected by copyright laws. Other than for your personal, non-commercial use, you may not copy, print out, download or otherwise reproduce any of the information.

eidohealthcare.com



What is trigger finger?

Trigger finger is a condition where your finger jams or gets stiff, or straightens with a painful snap. It can also affect your thumb.

The tendons that bend your fingers usually glide freely through tight tunnels made by flexor tendon pulleys attached to bones in your hand. If the fibrous wall of a tunnel thickens, the tunnel becomes too tight, usually resulting in your finger jamming in a bent position. Over time the tendon becomes inflamed and a lump (nodule) can form.

What are the benefits of surgery?

The aim is to allow your finger to move freely.

Are there any alternatives to surgery?

Simple stretching in the early stages can ease the symptoms. Non-steroidal tablets such as ibuprofen may also help.

A splint may be used at night to stop the finger bending over.

A steroid injection around the base of your finger can treat the problem in up to 6 in 10 people. However, you may need more than one injection. If one or two injections fail surgery may be considered.

What does the operation involve?

The operation can usually be performed under a local anaesthetic and usually takes about 20 minutes.

Your surgeon will make a small cut on the palm of your hand at the base of your finger. They will cut open the roof of the fibrous tunnel that is causing the trigger finger. This allows the tendon to glide freely through the tunnel.

How can I prepare myself for the operation?

If you smoke, stopping smoking now may reduce your risk of developing complications and will improve your long-term health.

Try to maintain a healthy weight. You have a higher risk of developing complications if you are overweight.

Regular exercise should help to prepare you for the operation, help you to recover and improve your long-term health. Before you start exercising, ask the healthcare team or your GP for advice.

What complications can happen?

General complications of any operation

- Bleeding
- Infection of the surgical site (wound)
- Allergic reaction to the equipment, materials or medication

Specific complications of this operation

- Numbness in your finger
- Tenderness of the scar
- Bowstringing. This happens if important pulleys have been released as this causes the tendon to move away from the bone. This stops you being able to fully straighten your finger
- Severe pain, stiffness and loss of use of your hand

Consequences of this procedure

- Pain
- Scarring of your skin

How soon will I recover?

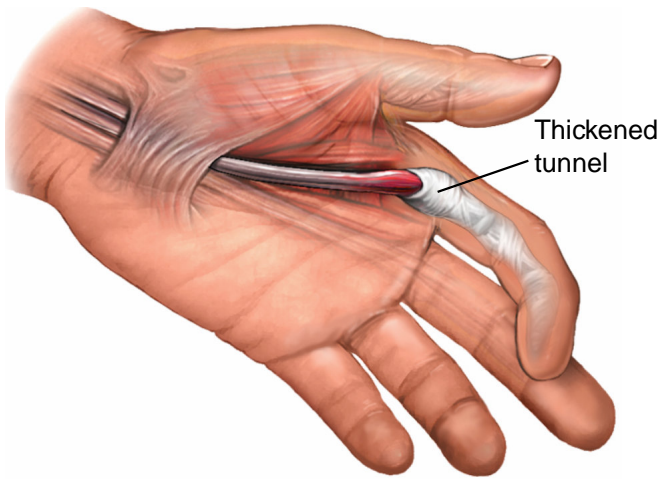
You should be able to go home the same day.

Your surgeon will tell you when you can return to normal activities.

Keep your hand raised and bandaged for 2 days. It is important to gently exercise your fingers, elbow and shoulder to prevent stiffness.

Regular exercise should help you to return to normal activities as soon as possible. Before you start exercising, ask the healthcare team or your GP for advice.

If your finger was stiff before the operation, it can take several months before you can move your finger normally.



Trigger finger

Summary

Trigger finger is a condition where your finger jams or gets stiff. If treatment with steroid injections has failed, surgery should allow your finger to move freely.

Keep this information document. Use it to help you if you need to talk to the healthcare team.

Some information, such as risk and complication statistics, is taken from global studies and/or databases. Please ask your surgeon or doctor for more information about the risks that are specific to you, and they may be able to tell you about any other suitable treatments options.

This document is intended for information purposes only and should not replace advice that your relevant healthcare team would give you.

Acknowledgements

Reviewers

Stephen Megson (BSc, MBChB, FRACS)

Tim Davis (ChM, FRCS)

Illustrator

Medical Illustration Copyright © Nucleus Medical Art. All rights reserved. www.nucleusinc.com