

Trigger Finger Release



McRae Plastic Surgery

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POST CARE INSTRUCTIONS

- ◆ It is important to keep your hand elevated at all times during the first week. Failure to do so will result in increased swelling and discomfort, as well as delaying wound healing and recovery.
- ◆ The dressing can be removed 5 days post-surgery. You then can begin washing directly over the incision with regular soap and water. Avoid being too rough with the stitches, so they do not break. Apply polysporin ointment two-three times daily. Then replace with a new bandage to protect the incision area.
- ◆ The stitches are dissolving and they usually take several weeks to dissolve. A follow-up appointment is usually arranged at two weeks post-surgery.
- ◆ Exercise the fingers as often as possible. They can be wiggled, opened and closed and make a fist several times per hour to avoid stiffness or swelling in the fingers.
- ◆ Massage the incision line starting two weeks post-surgery. The stitches will likely come out with regular massage.
- ◆ Swelling and tenderness can occur for months post-surgery. Incisional pain most commonly resolves 4-6 weeks post-surgery.
- ◆ Please note that these instructions are general. You may be given specific instructions given by Dr. McRae or the nursing staff. Any questions please don't hesitate to call the office for clarification.

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