

POST-OPERATIVE INSTRUCTIONS:  
TRIGGER FINGER RELEASE

1. You may remove dressing 48 hours post op. Place a bandaid over the incision.
2. You may shower with a bandaid on the incision. Change the bandaid after you shower.
3. DO NOT soak hand in a tub, or sink of water.
4. DO NOT put soap or antibiotic ointment directly on the incision area, for this can promote infection.
5. If increased redness, warmth, or drainage develop, please call Dr. Tyndall's office ASAP.
6. Take pain medication as directed, when needed.
7. Some numbness is normal for the first 24 hours after surgery and is due to local numbing medication used for pain control during surgery.
8. Swelling and stiffness is normal for a couple weeks post op. and can be minimized by limited activities, elevating the hand, and applying ice.
9. Lifting should be avoided until cleared by office.
10. Call the office if you have any further questions or concerns at 814-231-2101.