



## Trigger Finger Release

This handout is provided to you by Dr. Chen Tu and the team at Wakefield Orthopaedic Clinic. We are committed to offering you comprehensive care and ensuring you are fully informed about your Trigger Finger Release procedure.

### Understanding Trigger Finger

Trigger finger, or stenosing tenosynovitis, is a condition that affects the tendons in your fingers or thumb. It can cause pain, stiffness, and a sensation of locking or catching when you bend or straighten your finger. This condition occurs when inflammation narrows the space within the sheath that surrounds the tendon in the affected finger.



### About Trigger Finger Release

Trigger Finger Release is a surgical procedure aimed at alleviating the locking and improve the movement of the finger or thumb. The surgery involves cutting the affected part of the tendon sheath to widen the space and allow the tendon to move freely.

### Benefits of Trigger Finger Release

- **Pain Relief:** Reduces or eliminates the pain associated with trigger finger.
- **Improved Mobility:** Restores normal movement in the affected finger or thumb.
- **Quick Procedure:** The surgery is relatively quick and is typically done on an outpatient basis.

### The Day of Surgery

- The procedure is typically performed as Day Surgery.
- Local anaesthesia will be used to ensure your comfort during the surgery. This can cause numbness for 6 to 36 hours after surgery.
- The procedure involves a small incision in the palm of your hand or at the base of the affected finger or thumb.
- Dr. Chen Tu will then cut the constricted section of the tendon sheath.
- The incision is closed with stitches and covered with a small bandage.



## Postoperative Care



- **Recovery:** Patients are encouraged to move their finger immediately after the surgery, tendon glides. Full recovery and the return to heavy use of the hand typically take a few weeks.
- **Wound Care:** Please keep the dressings clean and dry.
- **Follow-Up Visits:** You will have follow-up appointments to remove stitches and dressings and assess your recovery.
- **Hand Therapy:** A referral to hand therapy may be provided to help regain wrist and hand function.

## Risks and Potential Complications

While Trigger Finger Release is generally safe, there are potential risks such as infection, nerve damage, or incomplete resolution of symptoms. Dr. Chen Tu will discuss these risks with you.

## Contact Information

- **Telephone:** +61 8 8236 4168
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## Conclusion

At Wakefield Orthopaedic Clinic, Dr. Chen Tu and our team are dedicated to supporting you through the Trigger Finger Release procedure, from the initial consultation to full recovery. Our goal is to help you regain pain-free movement in your finger or thumb. For any questions or concerns, please do not hesitate to contact us.