

## **Post-op PATIENT Instructions: TRIGGER FINGER RELEASE**

**Dressing:** A dressing has been applied to your wrist to absorb any fluid/blood. The dressing is to be left intact until your first post-op appointment. A wrist immobilizer has been applied for support and comfort and should be worn until seen in the office. Soreness and bruising is expected for several days afterward.

**Bathing:** Showering is permitted following surgery with the dressings covered to keep them dry.

**Ice:** Ice is a powerful anti-inflammatory. Icepacks/wraps will help to reduce swelling and pain. Use liberally (20-30 min./session), but remember to protect the skin from direct contact (and frostbite).

**Activity:** No heavy lifting of anything heavier than a coffee cup until your stitches are removed. Finger range of motion and gripping are encouraged to help control swelling and improve motion. Elevation of hand/wrist above the level of the heart is encouraged to help control swelling as well.

**No driving until permission is given by your surgeon.**

**Pain: Begin taking pain medications as soon as you BEGIN to experience pain!** These meds can take 45-60 minutes to start “working”. You do not want to play “catch-up” by letting your pain get out of control. Nausea, drowsiness, and constipation are common side effects of narcotics. **Adequate fluid intake and a stool softener obtained over the counter from your local pharmacy is important to minimize constipation.** Call the office if you are unable to tolerate your medication.

**\*NARCOTIC MEDICATIONS ALONE WILL NOT PROVIDE COMPLETE PAIN RELIEF. COLD COMPRESSION (ICE MACHINES), TENS USE, AND REGULAR TYLENOL AND ANTI-INFLAMMATORIES (ALEVE/IBUPROFEN, IF MEDICALLY OK) ARE CRITICAL PARTS OF YOUR PAIN CONTROL PLAN. REQUEST FOR NARCOTIC REFILL WILL ONLY BE ACCEPTED DURING BUSINESS HOURS. PLEASE GIVE 24-48 HOURS FOR MEDICATION REFILL REQUESTS TO BE ADDRESSED\***

**Precautions:** Call the office (813)-754-1199 if you develop: temperatures >101°F, shortness of breath, chest pain, uncontrolled pain, marked redness/hives, persistent drainage, new onset numbness, significant incisional/calf swelling, or any other concerns. **Call 911 or report to the nearest emergency room with any concerns for medical emergencies**