

TRIGGER FINGER RELEASE

- ❖ 2 days post-op:
 - Remove dressings
 - Begin finger range of motion
 - May shower, but no prolonged immersion in water
 - Use dressings/band-aids as needed to protect incision sites
 - Edema reduction

- ❖ 2 weeks post-op:
 - Patient may follow up with M.D. in Hand Therapy
 - Sutures removed
 - Begin scar management when wounds are healed
 - Static extension splinting, as needed, if flexion contractures are present
 - Continue range of motion with home program
 - Strengthening with therapy should be cautious, if used at all, due to repetition of activity