



**Florida Bone & Joint**  
SPECIALISTS



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## **POST OP INSTRUCTIONS – TRIGGER FINGER**

- **Keep hand and arm elevated most of the time.**
- The numbness from surgery usually lasts about 6 hours.
- You will have a Coban dressing.
- On post-op day 2 it is OK to remove the bandages entirely. You can wash with soapy water, but do not soak or immerse in water (no dishes, hot tubs, etc).
- I want you to move your fingers freely, just don't lift anything more than a pound or two.
- If you had surgery on your dominant hand, writing will be difficult. Don't push it.
- Do not use over the counter salves, Neosporin, Bacitracin or other ointments on the wound. Hands and fingers sweat and the wound will get macerated and open up.
- Band-aids should not be used. You will sweat under them and cause the incision to macerate and come apart. Let the incision "breathe" as it will heal much faster with air than with occlusive dressings. Coban is better for protection, use it as needed.
- Ibuprofen is ok to take in addition or instead of pain medication.
- Call us to be evaluated for any redness, increased heat or anything that looks like an infection.

# **850.916.8480**