



Trigger Finger Release

Post-operative Guidelines

- Begin active motion of your fingers immediately
- You may remove your dressing 5 days after surgery
- Sutures will be removed at your postoperative visit which is scheduled 8-14 days after your surgery and will be on your discharge paperwork
- Hand Therapy for gentle active massage and finger range of motion will only be ordered if needed
- After your first postoperative visit is complete, follow up is usually not necessary unless you or your surgeon has concerns



Please remember these outlines are *guidelines* only: Your care may differ from the typical outlines provided. Please talk to your surgeon or your surgeon's nurse or medical assistant if you have any questions about your post-operative care.

If you have any questions, please call our office at 314-514-3500

Orthopedics

BARNES JEWISH
Hospital
BJC HealthCare

 **Washington**
University in St. Louis
Physicians

NATIONAL LEADERS IN MEDICINE