



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customer-care@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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Care after your Trigger Finger release

After your operation to release your finger you will be given an appointment to be seen in the Plastic Dressing Clinic (approximately a week after your operation).

After the dressing has been changed it is important that you do the following.

- Start exercising your hand to achieve full movement in the wrist and fingers. This will reduce any stiffness in the hand which will happen if you don't move it
- continue to elevate your hand until it is no longer swollen
- for three weeks after your operation use your hand for very light activities only, and do not lift anything heavy
- once the wound has healed fully you need to keep the area clean and massage a non scented moisturising cream into the area. This should be done gently to begin with and pressure increased as the wound gains strength. This will soften the area and help minimise scarring
- at the dressing clinic appointment you will be given advice as to whether you can drive
- if you do not have a dressing on the wound you can wash the area as normal.
- You should not swim until the wound is fully healed and you no longer need a dressing.

Is there anything I should look out for?

Most wounds will have almost healed about one week after surgery, however if the site becomes red, inflamed, has an offensive smell or you experience increased pain or stiffness in the area you should contact the Plastic Surgery Outpatient Department.

Questions?

If you have any problems or questions related to your finger or hand please contact a member of the Plastic Outpatients Dressing Clinic on the number below.

Plastic Out-patient Therapy
01722 345530