



THE ORTHOPEDIC PARTNERS
AN RCM CLINIC

PARK CITY • HEBER CITY • SALT LAKE CITY

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**Trigger Finger Release
Post-Operative Protocol**

<p>Day 0-14</p>	<ul style="list-style-type: none">• No lifting greater than 1-2 pounds<ul style="list-style-type: none">○ May do self-care activities as well as light duty work such as typing and writing• Make a fist 5 times an hour while awake<ul style="list-style-type: none">○ Take care to avoid over-extending fingers so as to not stress the incision site. The skin on the palm of the hand is tight; wound healing problems can manifest if the wound edges at the surgical site separate.• Keep hand elevated above the level of your heart <p>Day 0-2</p> <ul style="list-style-type: none">• Keep post-operative dressing in place• Keep dressing clean and dry <p>Day 3</p> <ul style="list-style-type: none">• Remove post-operative dressing and place a band-aid over the incision site• Keep surgical site clean and dry
<p>Follow-up Visit (day 10-14)</p>	<ul style="list-style-type: none">• Email a photo of your incision to the Olson Team email address• Incision site is checked by Dr. Olson's team• Stitches are absorbable<ul style="list-style-type: none">○ A clear tag of the absorbable stitch may be sticking out of the skin; snip the tag of the stitch close to your skin.• May get steri-strips wet, but may not soak (bath tub, swimming, hot tub, etc.); pat area dry.<ul style="list-style-type: none">○ Once steri-strips fall off and incision site is fully healed, water activity is unrestricted• Gradually return to activity as tolerated with no weight restrictions