



BARBOUR

PLASTIC SURGERY

Percutaneous Trigger Finger Release Post-Op Instructions

Dressing and Cleaning

- A compression bandage was placed around your hand to reduce localized swelling after the procedure. Please leave this in place for 24-48 hours after the procedure as tolerated and elevated your hand above your heart. After 48 hours you may remove the dressing. The incision for percutaneous release is very small and after 48 hours does not need to remain covered, though if you would like to cover it you may use a band-aid.
- Keep the surgical incision site dry for the next 24-48 hours. Keeping the area dry lowers risk for infection. Unless otherwise instructed, you may shower after 24-48 hours. Be sure to carefully pat the wound dry with a clean cloth. Do not soak the incision or submerge the area beneath water (bath tub, swimming, etc.) for 1 week.
- After removing the bandage, you may cover the wound with a thin layer of triple antibiotic ointment (such as Neosporin) or petroleum jelly (such as Vaseline). This is only necessary for 2-3 days following the procedure.

Expectations Following Procedure

- It is likely you will experience swelling, bruising and discomfort following the percutaneous trigger finger release. This is all normal. **Elevating your hand to reduce swelling is the best way to reduce any discomfort.**
- You may take Tylenol as needed for discomfort, following directions as labeled on the bottle. Avoid taking any pain medications that also thin your blood (i.e. Aspirin, Ibuprofen) for the first 2-3 days after the procedure as these could cause more bruising in the area.

Should you have any questions or concerns, please do not hesitate to call or email our office.

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