



DAVID M. BELL, M.D. ORTHOPAEDIC SURGERY & SPORTS MEDICINE
5924 STONERIDGE DRIVE, SUITE 202 PLEASANTON, CA 94588 925-600-7020 BELLSPORTMED.COM

Postoperative Instructions: Trigger Finger Release

When You Get Home:

Rest for the remainder of the day.
Be Safe- stay in the care of responsible adult the first 24 hours.

Pain Medication:

Take your pain medication- it's better to stay ahead of the pain.
Oral Narcotic pain medicines (Vicodin/Hydrocodone, Norco, Tramadol/ Ultram, Percocet, Codeine) help with pain, but can cause:

Drowsiness:

Be Safe, don't drive, operative machinery, don't mix it with alcohol.

Stomach upset:

Take with food, or try over the counter Zantac or Tums.

Constipation:

Drink enough fluids, use fiber supplements (Metamucil, Senokot)

Take Prune juice or Milk of Magnesia if still constipated after 2 days

You may take anti-inflammatory medication to help with pain and swelling.

Some patients are prescribed Toradol (Ketorolac): take every 6 hours for 4 days.

Ok to take with Pain Medications, not with other anti-inflammatories

After 4 days of Toradol, you can take other anti-inflammatory medicines like:

Ibuprofen (Advil, Motrin), Naproxen (Aleve), Lodine, Mobic, Celebrex

Go easy on the anti-inflammatory medications if you have stomach problems.

Splint and Wound Care:

You will be in a soft dressing after surgery, and in a sling to support the arm.

The sling helps support the arm, and keeps it elevated to help with swelling.

You may remove the sling, but it is good to keep the hand elevated.

You may take a shower, but use a heavy plastic bag and tap the top around the hand to keep water from getting in.

Use a shower chair or plastic shower chair to sit on in the shower.

At your first postoperative visit we will remove your sutures.

Exercises: Begin exercises immediately:

Flex and extend your fingers around many times during the day

We do have some patients receive some hand therapy after surgery to work on swelling and stiffness.

Activities and Restrictions:

Resume light activities after a few days.

You need to limit any heavy activities to allow the surgery and incision to heal.

Driving: Only after you are SAFE, which means:

Off pain medications, and able to control a vehicle safely

It can be difficult to control a car with one arm in a sling or splint.

Problems or Questions? Call us at 925.600.7020

Feel free to call us if you have any concerns, or for:

Unrelenting pain, or increasing swelling or numbness or high fevers (over 101.5)

Continuous drainage or bleeding that is soaking your dressing

Chest pain, shortness of breath