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## **DR. CHAN'S**

### **TRIGGER FINGER / TENDON CYST**

#### **AFTERCARE INSTRUCTIONS**

- 1) Resume normal diet as tolerated. Drink plenty of fluids and take your normal medications.
- 2) NO lifting, pushing, or pulling with your hand. Okay to use silverware but lifting nothing heavier.
- 3) It is important to maintain your finger motion. Make a full fist (touch your fingertips into your palm) and fully straighten your fingers 20 times. Do multiple times throughout the day.
- 4) Use ice packs on your palm for 30 minutes of every hour for the first 24 hours while awake.
- 5) You may remove the dressing and shower with the dressing off in 3 days. Afterwards, place a Band- Aid over the incision if needed. DO NOT SUBMERGE the hand under water (kitchen sinks, swimming pools, ocean, lakes) until the stitches come out after approximately 7-10 days (about 1-1/2 weeks).
- 6) For pain, if you are NOT taking any blood thinners or anti-coagulants, take Ibuprofen (Advil/ Motrin) 800mg every 8 hours with food as needed. If you can't take Ibuprofen, take Tylenol or the prescribed medication.
- 7) Call the office at (941)485-1505, if you experience any of the following:
  - Excessive bleeding
  - Pain medication does not relieve your discomfort
  - Fever over 101 degrees
- 8) Call the office at (941)485-1505 for a follow-up appointment if you don't already have one.