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TRIGGER FINGER / TENDON CYST (1 WEEK POST OP)

INSTRUCTIONS & EXPECTATIONS

- 1) It is normal to have some degree of mild pain, soreness & morning stiffness at this stage of recovery. In severe longstanding trigger finger, sometimes the PIP (middle knuckle) of the finger can be quite sore for several months and hard to fully straighten.
- 2) It's OK to stretch aggressively through the soreness. Use the other hand, if needed, to help bend & straighten the finger and end ranges.
- 3) The scar & surgery site can remain tender for 3 months or so after surgery.
- 4) Resume activities as tolerated with the hand. **USE COMMON SENSE!** If it hurts to do it, back off & wait a few days until you feel more comfortable. Be patient, it will come.
- 5) OK to get Band-aid wet. It will fall off.
- 6) Next week, begin massaging the scar with lotion of your choice for 5 minutes, 3x a day. Do this for the next weeks to soften the scar. Neglecting to do this can lead to a tough, thick, and tender scar.
- 7) For pain, if you are NOT taking any blood thinners / anti-coagulants, take ibuprofen (Advil or Motrin) 600-800mg every 8 hours with food as needed. If you can't take Ibuprofen, take Tylenol instead.
- 8) Continue to use ice as needed for any elevated pain or soreness after activities.
- 9) Call the office at (941)485-1505, if you experience any of the following:
 - The incision re-opens
 - There is drainage from the wound