

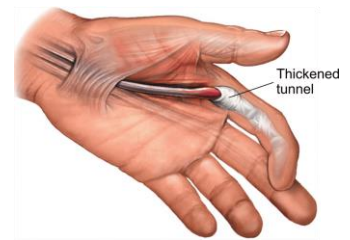


## Operation Information

### Trigger Finger Release (Stenosing Tenosynovitis)

#### Introduction

Trigger finger is a condition that affects one or more tendons of the hand which making it difficult to bend the affected finger or thumb. Trigger finger is also known as stenosing tenosynovitis. It usually affects the thumb, ring finger or little finger. This condition causes painful catching or popping of the affected finger in early stage. Later, the finger will lock in either flexion or extension. In most cases, trigger finger is a nuisance rather than a serious condition. However, if it remains untreated, the affected finger or thumb may become permanently stuck in a bent position, your doctor may recommend surgery to correct the affected tendon to release the trigger finger.



Source:  
<https://www.healthdirect.gov.au/surgery/trigger-finger-release>

#### Outcomes

The expected outcome of this operation is to release the affected sheath to allow the tendon to move freely again.

#### Procedures

1. The operation can be performed under local anaesthesia or intravenous sedation.
2. Skin incision at base of involved finger in the palm.
3. Release of flexor tendon by cutting of tendon sheath.
4. Skin closure with stitches.

#### Possible Risks and Complications

1. Common Risks and Complications
  - i) Wound infection, adhesion, scarring and residual pain
  - ii) Recurrence of triggering
2. Uncommon Risks with Serious Consequences  
Nerve, tendon or blood vessel injury leading to finger numbness, stiffness or necrosis

\*\* The risks listed above are in general terms and the possibility of complications is not exhaustive. Please understand that even though all operations are carried out with utmost professionalism and care this does not rule out the possibility of complications arising. In the event of peripheral organ damage or post-operative haemorrhage or leakage, further operations may be required.

#### Pre-operative Preparations

1. The procedure and possible complications will be explained by the doctor and a consent form must be signed prior to the operation.
2. Please inform the doctor and nurse all your past medical history, previous surgical operations, current medication and any complication with drug or anaesthesia.
3. Nurse may give you surgical soap to clean the incision site as necessary.

4. Please change into a surgical gown after removing all clothing including undergarments, dentures, jewellery and contact lenses.
5. Please empty your bladder before the operation.

### **Post-operative Instructions**

1. You can be discharged on the day of operation.
2. Mobilize involved finger regularly.
3. Follow doctor's and nurse's advice on wound care.
4. Stitches will be removed in 2 weeks or dissolved in 3 weeks.

### **Advices on Discharge**

1. The wound is covered with waterproof dressing when you are discharged. Do not remove it unless you are told to do so. Always keep the dressing clean and dry.
2. Immediately consult your doctor or return to hospital for professional attention in the event of severe wound pain associated with redness and swelling, tenderness, draining pus or blood oozing, shivering, high fever over 38°C or 100°F, or any other unusual symptoms.
3. Any follow-up consultations should be attended as scheduled.

### **Alternative Treatments**

1. Physiotherapy
2. Corticosteroid injection
3. Anti-inflammatory medication
4. Splinting

Should there be any enquiries or concerns, please consult the attending doctor.

Under the professional care of the doctor, you will gradually recover. We wish you all the best during your treatment and recovery.

If you have any questions after reading the entire leaflet, please write them down in the spaces provided in order for the doctor to further follow-up.

---

---

---

Compiled by Union Hospital Operating Theatre (OT) Governance Committee

The above information is for reference only, please enquire your physician for details  
Our Hospital reserves the RIGHT to amend any information in this leaflet without prior notification