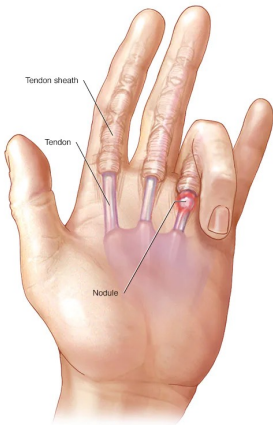


Trigger Finger Treatment Options

Date: 2 Nov 2022



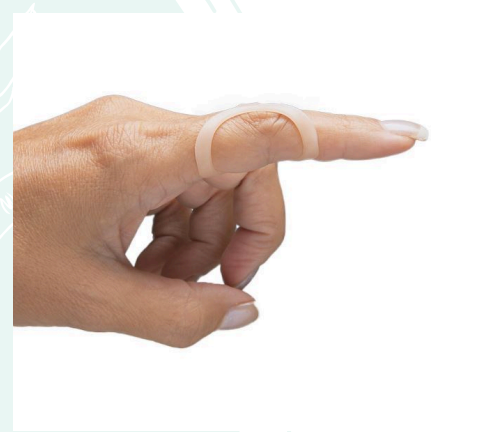
What is it?

The tendon that moves the finger is jammed under a pulley and the two rub together until they jam.

Once they jam, the finger is stuck until it is forcibly straightened again, when it then starts moving normally again.

Treatment Options

1. Anti inflammatory gel - Voltaren, from chemist
2. Trigger finger splint - see image
3. Steroid injection - office based, 15 minutes, local anaesthetic under ultrasound control
4. Surgical release - Day Surgery, local or general anaesthetic



Surgery:

Under local anaesthetic (or general anaesthetic if you prefer) Dr Coll makes a 1.5cm incision in your palm. She then divides the pulley as it lies over the tendon. If you are awake, you can show her how your finger moves normally again.

You then have 3 stitches to close the wound and a dressing and bandage is applied.

You can move your fingers straight away, as long as you don't need too much pain relief. Most patients manage with Panadol and rest.

You can remove the bandage after 2 days and you can change the dressing in your palm. Your sutures are removed at 7 days after your surgery but your wound may gap at this stage, so still needs to be kept clean and dry.

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You can use your hand normally but it may be stiff and uncomfortable.

After Surgery, patients notice:

1. Swelling of the palm just past the scar
2. Stiffness of the joints in the mornings - it is hard to make a full fist
3. Pain over the first knuckle (proximal interphalangeal joint)

This can persist for up to 4 weeks

Sarah Coll.

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