**Trigger finger release postoperative instructions**

**Diet**: please avoid salty foods since it can make swelling worse

**Showering**: Until sensation returns to normal in the operated hand please do not grasp things that may be hot, otherwise you may burn yourself and not recognize it.

The day after the procedure, to shower, you may remove the dressing. You can shower and get the wound wet, but no scrubbing. You may reapply a dry gauze as needed.

Until sensation returns to normal in the operated hand please do not grasp things that may be hot, otherwise you may burn yourself and not recognize it.

**Activity**: You are encouraged to begin to move the hand immediately after the procedure. This will prevent stiffness and scar formation between the tendon and the surrounding structures. Your goal is be to make a complete fist at least 20 times every half-hour while you are awake. Avoid lifting up anything heavy with the operated hand since that hand will be very tender for some time.

**Medications**: If your hand swells up, throbs, or you have pain, please elevate it above your elbow.

For pain please, if you are not allergic to it, start with Tylenol 650 mg as needed every four hours. If you need anything stronger please use the prescription Dr. Chattar Cora has given you. If you do take the prescribed medication please do not drive or operate any machinery that may harm anyone. Take the prescribed antibiotics as directed.

Resume any medications that you were taking before the operation as previously taken, continue your normal diet.

**Follow-up**: with Dr. Chattar Cora within one to two weeks. Please call 210-265-1924 for an appointment that is convenient for you.