

Hosp No. :	HKID No.:
Case No. :	
Name :	
DOB :	M / F
Adm Date :	
Contact No. :	

Procedure Information Sheet – Trigger Finger Release

1. Introduction

- 1.1. The flexor tendon becomes trapped at the entrance to its sheath. On forced extension, it passes the constriction with a snap (“triggering”). This condition causes painful catching or popping of the affected finger in early stage. Later, the finger will lock in either flexion or extension.

2. Procedural Preparation

- 2.1. A written consent is required.
- 2.2. Inform your doctors about your drug allergy, current medications or other medical conditions for pre-operative assessment.
- 2.3. Fast for 6 to 8 hours before the operation.
- 2.4. May require hair clipping near the incisional site.
- 2.5. Change operation gown and empty bladder before heading to operating theatre.
- 2.6. Pre-medications, intravenous drip, or antibiotic prophylaxis maybe required according to doctor’s prescription.

3. Procedure

- 3.1. The operation is performed in Day Surgery under local anaesthesia.
- 3.2. An incision wound at the base of involved finger in the palm is cut to expose and release the flexor tendon.
- 3.3. Wound site is closed with sutures.

4. Recovery phase

- 4.1. After the operation, you may feel numb around the incision wound but the sensation will subside soon.
- 4.2. You may also feel pain over the wound after numbness subsides, but pain relief medications will be provided as needed.
- 4.3. There may be wound swelling after the procedure. You may place bagged ice over the site for 20 minutes, 2-3 times a day to reduce swelling and resulting pain. Elevating the hand above heart level for 30 minutes every 2-3 hours may help with the swelling too.
- 4.4. Regular gentle finger exercises within your comfort range are encouraged.
- 4.5. Stitches will be removed within 2 weeks.

5. Possible Risks and Complications

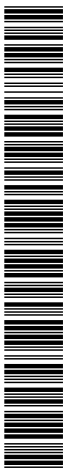
- 5.1. Complications for local anaesthesia may include allergic reaction, nerve injury, pain, heamatoma formation, infection, etc.
- 5.2. Common procedure-related complications may include wound infection, adhesion, scarring, residual pain, and recurrence.
- 5.3. Rare but significant procedure-related complications may include nerve, tendon or blood vessel injury leading to finger numbness, stiffness or necrosis.

6. Alternative Treatment

- 6.1. Alternative treatments for triggered finger include physiotherapy and steroid injection.

7. Discharge Education

- 7.1. Take the analgesics as prescribed by your doctor if necessary.
- 7.2. Avoid lifting heavy items and strenuous activity in the first 4 weeks.
- 7.3. Attend the follow-up visit in your doctor clinic.



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8. Remark

8.1. The information contained is very general, the list of complications is not exhaustive and other unforeseen complications may occasionally occur. In special patient groups, the actual risk may be different. For further information, please contact your doctor.

9. Reference

9.1. Hospital Authority. Smart Patient Website: Trigger Finger Release Surgery.

I acknowledged the above information concerning the operation or procedure. I have also been given the opportunity to ask questions and received adequate explanations concerning the condition and treatment plan.

Patient/ Relative Signature: _____

Patient/ Relative Name: _____

Date: _____

