

## Introduction

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.

## The Operation

The operation is done under local anesthesia, skin incision at base of involved finger in the palm, then release of flexor tendon, skin closure with stitches.

## Preoperative Preparation

1. Admit 1 day before or on same day of this “elective” operation.
2. Anesthetic assessment. **Inform your doctors** about drug allergy, regular medications or other medical conditions.
3. Empty bladder and change to operation clothes before transfer to operating room.

## Postoperative Instruction

### A. General

Mild discomfort or pain over the operation site. Inform nurse or doctor if pain severe.

### B. Wound care

1. Regular mobilization of involved finger.
2. Off stitches within 2 weeks.

### C. Diet

Resume diet, usually 4 hours after anesthesia, and when taking sips of water well.

## Common Risks and Complications (not all possible complications are listed)

### A. Anesthesia related complications

1. Cardiovascular: myocardial infarction or ischemia, stroke, deep vein thrombosis, pulmonary embolism, etc.
2. Respiratory: atelectasis, pneumonia, asthmatic attack, exacerbation of chronic obstructive airway disease.
3. Allergic reaction and shock.
4. Toxicity of local anesthetic may result in serious complication although rare.

### B. Procedure related complications

1. Wound infection, adhesion, scarring and residual pain.
2. Recurrence of triggering.
3. Uncommon: Nerve, tendon or blood vessel injury leading to finger numbness, stiffness or necrosis.

## Alternative Treatment

1. Physiotherapy.
2. Steroid injection.

## Things to take note after discharge

1. Contact your doctor or a nearby Accident & Emergency Department if you find increasing discharge, pain and or redness around the wound.
2. Take analgesics prescribed by your doctor if required.
3. Resume daily activity gradually.

## Remarks

This is general information only and the list of complications is not exhaustive. Other unforeseen complications may occasionally occur. In special patient groups, the actual risk may be different. For further information please contact your doctor. Evangel Hospital reserves the right to amend this leaflet without prior notice. We welcome suggestions or enquiries on the information provided in this leaflet. Please contact our Healthcare professionals so that we could follow up and make improvement.

## Reference

Hospital Authority: “Trigger Finger Release (Stenosing Tenosynovitis)” (2021)

Smart Patient: [http://www.ekg.org.hk/pilic/public/O&T\\_PILIC/O&T\\_TriggerFingerRelease\\_0075\\_eng.pdf](http://www.ekg.org.hk/pilic/public/O&T_PILIC/O&T_TriggerFingerRelease_0075_eng.pdf) (12-07-2023)