

Dr. Robert Wysocki

Trigger Finger Release

1 -2 week:

The postoperative dressing is removed 4-5 days after surgery by the patient and the patient can shower but not bathe, and keep the wound covered with dry gauze.

Desensitization is initiated as soon as the wound is accessible. Scar massage is emphasized and is initiated as soon as sutures were removed.

Light Active and Passive Range of Motion exercises are initiated 15 min/hr.

2-3 weeks:

Full composite extension and full composite flexion are instituted and emphasized.

A light dressing and edema control are applied as needed.