



**Probus Surgical Centre**  
"Providing NHS Service"

## Information for Patients

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### Advice Following Trigger Finger / Thumb

#### How do I care for my wound?

Keep the dressing dry and intact until wound review with your own practice nurse who will re-apply a light dressing in **6 days**

**Date**.....

#### When do the stitches come out?

The stitches should be removed after **12 days**.

**Date**.....

Please make this appointment with your own practice nurse or with the Camborne & Redruth Hospital if you live in that area. (See details below):

Tel: 01209 318070 or 01209 318069 8am – 5pm Mon-Fri.

The hours of the clinic are: 8.45am – 1.30pm Mon – Fri

9am – 11.30am Sat, Sun and Bank Holidays

#### How long do I wear the sling for?

Wear the sling for at least 48 hours. This helps to reduce any swelling to the fingers. If it is comfortable then wear the sling at night, if not elevate the hand on pillows next to you with your hand higher than your elbow.

#### Can I have a shower or bath?

Yes, but you must cover the dressing with a plastic bag or cling film.

#### What exercises do I do?

Gently bend and stretch your fingers including the one operated on, at least every hour.

#### Do I need to take pain killers?

If you have any pain or discomfort, take some painkillers such as Paracetamol or Ibuprofen, providing you are not allergic to them.

#### What do I do if the wound starts to bleed?

Press firmly on the wound with a clean dressing or handkerchief and keep your hand elevated. If the bleeding doesn't stop contact us or, if out of hours, contact NHS 111.

## **Wound care**

2-3 weeks post-op, we recommended that you massage the scar with a moisturiser of your choice daily for 3 months. This might help the scar heal quicker and may prevent recurrence of symptoms. The scar may take up to 12 months to mature fully.

## **What does it mean if the wound is red, painful and is discharging?**

The wound is probably infected. Contact us immediately for advice and treatment with antibiotics or, if out of hours, contact NHS 111.

## **When can I return to work?**

Please check with your surgeon if you have any queries.

## **If you have any queries or a post op problem?**

You will not routinely receive a follow up appointment and will be discharged back to your GP following your operation. If you have any queries or problems post op, please contact us on 01726 885104.

**Please contact us in the first instance, rather than your own surgery, on 01726 885104 if you have any queries or problems. Phone lines are open Monday to Friday 08:30am – 16:30pm only.**

**If outside of these hours, then please contact NHS 111 on 111. Please note that NHS 111 may refer you on elsewhere if necessary.**