

TRIGGER DIGIT RELEASE

Overview

During this minimally-invasive procedure, the surgeon opens a narrowed tendon pulley at the base of a finger or thumb affected by trigger digit. Opening the pulley prevents the nodule from catching, allowing the affected digit to flex and extend normally with no triggering or pain.

Preparation

The patient is positioned so that the palm of the hand is clearly visible to the surgeon. Local or general anesthesia is administered and the area is cleansed and sterilized.

Accessing the Hand

After the hand is prepped, a tourniquet is applied. A small incision is made in the palm of the hand over the pulley to be released. The skin and soft tissue are spread to expose the tendon and pulley. The nerves are protected.

Releasing the Pulley

The surgeon uses surgical scissors or a scalpel to carefully divide the pulley, releasing the constriction on the tendon. The cutting of this pulley will not negatively affect finger function.

End of Procedure

The incision is closed with sutures, and the hand is bandaged. The patient is given pain medication and is able to go home the same day. Finger motion is encouraged after surgery. Hand therapy may also be recommended.

