



Procedure Information Sheet

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 / Procedure

1. Local anaesthesia.
2. Skin incision at base of involved finger in the palm.
3. Release of flexor tendon.
4. Skin closure with stitches.

Before the Operation / Procedure

1. A written consent is required.
2. Inform doctor about drug allergy, regular medications or other medical conditions.

After the Operation / Procedure

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

Risk and Complication

1. Common risks and complications
 - 1.1. Wound infection, adhesion, scarring and residual pain.
 - 1.2. Recurrence of triggering
2. Uncommon risks with serious complications
 - 2.1. Nerve, tendon or blood vessel injury leading to finger numbness, stiffness or necrosis.

Alternative Treatment / Investigation

1. Physiotherapy
2. Steroid injection

Disclaimer

This leaflet only provides general information pertaining to this operation / procedure. While common risks and complications are described, the list is not exhaustive, and the degree of risk could also vary between patients. Please contact your doctor for detailed information and specific enquiry.

Reference

Smart Patient Website of Hospital Authority, Procedure Information Sheet: Trigger Finger Release (Stenosing Tenosynovitis) (2017)

<p>Patient's Label Patient Name: _____ Hospital No: _____ Episode No: _____</p>

Patient's Signature: _____ Date: _____