Trigger Finger Release Guidelines

1\textsuperscript{st} Post-Op Visit (3-5 days)
- \textit{Initial Visit with OT/PT}:
  - Therapist removes post-op dressing – wound check
  - Application of sterile dry dressing (remain over incision at all times until suture removal)
  - Edema management
  - Instruct patient on A/PROM exercises
  - Instruct on tendon gliding exercises

2\textsuperscript{nd} Post-Op Visit (10-12 days)
- \textit{Surgical} follow-up visit with attending surgeon
  - Sutures removed
  - New sterile dressing applied
- \textit{Therapy} follow-up
  - Instruct on scar management techniques (scar mobilization, desensitization, issue cica care)
  - Review ROM program

3\textsuperscript{rd} Post-Op Visit (3 weeks)
- \textit{Therapy} Visit
  - Insure proper wound healing, scar mobility, AROM
  - Begin gentle grip/pinch strengthening exercises (theraputty)