

# MATTHEW J. DUBIEL M.D.

Shoulder and Elbow Surgery

www.mdubielmd.com

## **Trigger Finger Release**

### **DIET**

- Begin with clear liquids and light foods (jello, soups, etc.)
- Progress to your normal diet if you are not nauseated

### **WOUND CARE**

- Maintain your operative dressing, loosen bandage if swelling of the elbow, wrist, or hand occurs
- It is normal for the incisions to bleed and swell following surgery – if blood soaks through the bandage, do not become alarmed – reinforce with additional dressing
- Remove surgical dressing on the second post-operative day
- You can shower two days after surgery. NO immersion of operative arm. NO baths.
- If minimal drainage is present, apply band-aids over incisions and change daily.

**\*To avoid infection, keep surgical incisions clean and dry\***

### **MEDICATIONS**

- You may use acetaminophen (Tylenol) and Ibuprofen (Advil) for pain management. Alternating between the Tylenol and Ibuprofen allows you to maximize your pain control.

### **ACTIVITY**

- Ok for light day to day activity such as eating, cell phone etc.
- Do not engage in activities which increase pain/swelling over the first 7-10 days following surgery
- May return to sedentary work ONLY or school 1-2 days after surgery, if pain is tolerable

\*May apply ice pack up to 20 minutes every hour for the first 72 hours to help reduce swelling. Do not place ice pack directly on skin

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### **\*\*Emergencies\*\***

- Contact Dr. Dubiel or his team at 231-935-5880 if any of the following are

present:

- Painful swelling or numbness
  - Unrelenting pain
  - Fever (over 101° – it is normal to have a low-grade fever for the first day or two following surgery) or chills
  - Redness around incisions
  - Color change in wrist, hand, or lower extremity
  - Continuous drainage or bleeding from incision (a small amount of drainage is expected)
  - Difficulty breathing
  - Excessive nausea/vomiting
- If you are experiencing an urgent need that cannot wait until normal business hours, call 231-935-5000 to be connected with the Munson Switchboard and ask for the Munson Orthopedic Institute on-call physician to be paged.
  - If you have an emergency that requires immediate attention, proceed to the nearest emergency room.
  - If you do not already have a postoperative appointment scheduled, please contact the scheduling office during normal office hours 231-935-5880