



## Procedure Information - Trigger Finger Release (Stenosing Tenosynovitis)

Visit No.: Dept.:  
Name: Sex/Age:  
Doc. No.: Adm. Date:  
Attn. Dr.:

Page No:

01	02	03	04	05	06	07	08	09
+10	+20	+30	+40	+50	+60	+70	+80	+90

Patient No.: PN

*Please fill in /  
affix patient's label*

### 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 Procedure

1. The operation can be performed under local anaesthesia
2. Skin incision at base of involved finger in the palm
3. Release of flexor tendon
4. Skin closure with stitches

### Risk and Complication

1. There are always certain side effects and risks of complications of the procedure. Medical staff will take every preventive measure to reduce their likelihood.
2. Surgical instruments or implant may be broken off and retained at the surgical site during operation.

### Common Risks and Complications ( $\geq 1\%$ risk)

1. Wound infection
2. Adhesion
3. Scarring and residual pain
4. Recurrence of triggering

### Uncommon Risks with Serious Consequences (<1% risk)

1. Nerve, tendon or blood vessel injury leading to finger numbness, stiffness or necrosis

### Before the Procedure

1. You will need to sign a consent form and your doctor will explain to you the reason, procedure and possible complications.
2. Inform your doctor of any medical condition and any medications you are taking. The medications may need to be adjusted as appropriate.
3. No fast before the operation unless you choose general anaesthesia for the procedure.

### After the Procedure

1. Can be discharged on the day of operation.
2. Regular mobilization of involved finger and keep the wound dry and clean.
3. Off stitches within 2 weeks.
4. Please contact your doctor if severe pain, redness of wound, swelling, purulent discharge, excessive bleeding or fever (body temperature above 38°C or 100°F) occurs.
5. Follow up on schedule as instructed by your doctor.

### Alternative Treatment

1. Physiotherapy
2. Steroid injection
3. Anti-inflammatory medication

### Remarks

This is general information only and the list of complications is not exhaustive. Other unforeseen complications may occasionally occur. In special patient groups, the actual risk may be different. For further information please contact your doctor.

### Reference

Hospital Authority – Smart Patient Website

I acknowledge that the above information concerning my operation/procedure has been explained to me by Dr. \_\_\_\_\_. I have also been given the opportunity to ask questions and receive adequate explanations concerning my condition and the doctor's treatment plan.

\_\_\_\_\_  
Patient / Relative Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Relationship (if any)

\_\_\_\_\_  
Date