

## **Trigger Finger Release (Stenosing Tenosynovitis)**

### **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**

- Day surgery
- Local anaesthesia
- Skin incision at base of involved finger in the palm
- Release of flexor tendon
- Skin closure with stitches

### **After the Procedure**

- Regular mobilization of involved finger
- Off stitches within 2 weeks

### **Risk and Complication**

#### ***Common Risks and Complications***

- Wound infection, adhesion, scarring and residual pain
- Recurrence of triggering
- Residual finger stiffness due to chronicity and joint contracture
- Persistent triggering especially in chronic case, due to enlarged part of flexor tendon and additional procedure to cut part of the flexor tendon may be needed

#### ***Uncommon Risks with Serious Consequences***

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

### **Alternative Treatment**

- Physiotherapy
- Steroid injection

### **Remarks**

This is general information only and the list of complications is not exhaustive. Other unforeseen complications may occasionally occur. The actual risks may be different for different patients. During the operation, unpredictable condition may arise, and additional procedures may be performed if necessary. For further information, please contact your doctor.