

Trigger Thumb Release Post-Operative Care Guide

Your child underwent trigger thumb release with Dr. Chaudhry. Your post-operative appointment is scheduled in about 2 weeks. This may be an in-person or telemedicine visit.

Post-Operative Care

- Diet can be restarted. Proceed slowly to prevent nausea/vomiting.
- Immediate movement is safe and healthy.
- Return to school once pain is well controlled.
- Try to avoid having your child put their thumb in their mouth as much as possible to help keep the area clean and dry.

DESSING CARE

- If/ when the soft dressing is soiled replace it with a band-aid.

PAIN CONTROL

- After the first postoperative day, pain should not increase further.
- Use acetaminophen/ibuprofen according to the package directions.
- Call the office for discussion if pain is not well controlled by acetaminophen/ibuprofen.

FEVERS

- Acetaminophen and encouraging deep breaths are the treatment for fevers during the first 3 days; infections take several days to develop and are an unlikely early cause. If a temperature of $>101^{\circ}\text{F}$ develops later, please call the office.

PLEASE CALL IMMEDIATELY IF:

- Your child develops increasing pain, numbness/tingling, discoloration of the fingers, drainage, or any other concerns. Call the nursing line during business hours (or our main number during off hours) with any questions or concerns about post-operative care at (860)-545-9085.

Post-Operative Appointment Care and Beyond

- Let the incision site wounds heal before using lotion on the area. You are allowed to run soap and water over the incision (ie shower) after 1 week but avoid submerging/soaking in water (ie baths) or scrubbing the area until 2 weeks after surgery.
- The glue will naturally fall off over time and the sutures will dissolve on their own with time.
- Call for a follow-up visit if you have any concerns