

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

Uncommon Risks with Serious Consequences

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

Alternative Treatment

- Physiotherapy
- Steroid injection

Remarks

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