



DR CHEN TU PROTOCOL TRIGGER FINGER RELEASE

Post-operative instructions



Protect the small palm wound and get the finger gliding fully from the outset.

DAY 0-2

MOVE EARLY AND CONTROL SWELLING

- Keep the Hypafix/IV3000 dressing on, clean and dry.
- If it lifts, replace it with a clean Band-Aid or similar pharmacy dressing.
- Elevate the hand for the first 24-48 hours.
- Start finger, thumb and wrist movement today.
- Use the hand for light tasks as comfort allows.

Every 1-2 hours while awake:
5-10 gentle reps

Open fully each time
Do not force

IMPORTANT

- × No heavy or forceful grip
- × No lifting over about 1 kg
- × No pressure through the palm
- × No soaking



Straight

Hook

Tabletop

Flat fist

Full fist

DAY 2-14

WOUND CARE AND KEEP GLIDING

- Keep the wound covered until review. If the dressing lifts, replace it with a clean Band-Aid or similar dressing.
- Continue all five tendon-glide positions; aim for full comfortable bending and straightening.
- Light typing, eating and dressing are encouraged as comfort allows.



Thumb away

Each fingertip

Across palm

Running Prolene must be removed at 10-14 days.
Clinician: cut the middle, then pull each loop through.

2+ WEEKS

RETURN TO GRIP AND FUNCTION

- Once the wound is closed and Prolene is out, wash normally and start scar massage.
- Weeks 2-3: build lifting toward 2-3 kg as comfortable.
- Weeks 3-4: add gentle grip strength and household work.
- Weeks 4-6: resume heavier lifting, gym, gardening and manual work gradually.
- Avoid painful repetitive grip or direct palm pressure until comfortable.



Elevate early

Light daily use

Scar massage

Palm tenderness and finger stiffness are common early. Seek review if catching/locking continues or movement is not steadily improving.

TYPICAL MILESTONES

1

DRIVE: 3-5 DAYS

- Grip and turn the wheel comfortably.
- React safely in an emergency.
- No sedating pain medicine.

2

10-14 DAYS

- Prolene removed and wound reviewed.
- Dressing off; start scar care when healed.
- Keep lifting light until review.

3

2-4 WEEKS

- Build lifting toward 2-3 kg and add gentle grip strength.
- Return to desk/light work.
- Avoid forceful grip if sore.

4

4-6 WEEKS

- Heavier lifting, gym, gardening and shovelling.
- Manual work as comfortable.
- Increase gradually.

KEY POINTS TO REMEMBER



Glide every
1-2 hours



Change
dressing
if it lifts



Prolene out
10-14 days



Heavy grip
4-6 weeks

CONSIDER HAND THERAPY IF:

- finger will not fully bend or straighten
- swelling / stiffness limits tendon glide
- scar pain / sensitivity limits normal use
- catching / locking continues or progress stalls