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## **Trigger finger information sheet and DeQuervain's disease**

Skin, incisions take time to heal. usual time is 2 weeks but can be longer. Skin incisions may not heal well and may need secondary procedures to address. The condition is usually painful for a few weeks. Most people return to normal duties after 1-2 weeks.

Wound infection may need antibiotics to treat.

Nerve injury is very rare with this condition. The nerves to the finger in a trigger finger are close to the area of operation and we take every care to avoid these. If a nerve injury occurs it is repaired where possible. Nerve injury and repair may leave the skin (or finger ) near the incision numb or with an altered sensation. It may cause the area to be painful longer than the usual 2-6 weeks. Sometimes nerves are just bruised and usually takes 6 weeks to recover. If a nerve is cut and repaired, it may take several years to occur. The nerve recovery may not be complete.

In the area of the forearm, where a De Quervain's is released, the superficial radial nerve is close by. There may be a neuroma or scar on the nerve in the area. This may cause some numbness or electric shocks to the area supplied by the superficial radial nerve.

### **Recurrence of Trigger**

Despite a successful operation, the trigger may not go away or recur but this is most uncommon. This may need another operation if the symptoms do not abate.

### **Complex Sympathetic Nerve Pain**

Very rarely with any hand injury, the nerves become hypersensitive and creates a painful situation that is difficult to treat. This is most uncommon but we always advise of this as it is a severe consequence of any hand operation. It needs time and medication to help heal.

### **Realistic expectations from surgery**

It is important for your expectations to be realistic. We will try as far as possible , within the constraints of your physical health, the nature of the problem, and your wishes to help you achieve your goals. The surgeon cannot guarantee all expectations and nor can guarantee the long lasting effect as the ageing process continues and there may be other variations. Sometimes other procedures are required, and infrequently sometimes severe complications are encountered. We will endeavour to the best of our ability to help you where possible. Rarely, it may be required to seek the help of other specialists. If you however have any concerns at any time please feel free to contact the practice. You are always entitled to second opinions at any stage and we are happy to help facilitate this for you if you so desired.

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