



Town Center
ORTHOPAEDICS

Baris Yildirim, MD
HAND & WRIST SURGERY
UPPER EXTREMITY SURGERY
1860 Town Center Drive, Ste 300
Reston, Virginia 20190
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Post-operative Instructions: Trigger Finger Release

- Start finger, elbow, and shoulder ROM immediately after surgery. Ice and elevate at least 3x / day. Take dressing off after 4 days. Lift < 2 lbs.
- Follow up with me at 7-10 days for wound check
- Continue working on ROM until normal, but still no heavy lifting for 1 more week.
- 3+ weeks: No restrictions, start strengthening exercises and scar desensitization as needed