

If you require a special edition of this leaflet

This leaflet is available in large print. Arrangements can also be made on request for it to be explained in your preferred language. Please contact the Patient Advice and Liaison Service (PALS) email: rjah.pals.office@nhs.net

Feedback

Tell us what you think of our patient information leaflet. Please send your comments to the Patient Advice and Liaison Service (PALS) email: rjah.pals.office@nhs.net

Date of publication: December 2025
Date of review: December 2028
Author: Naomi Winn
© RJAHT Trust 2025

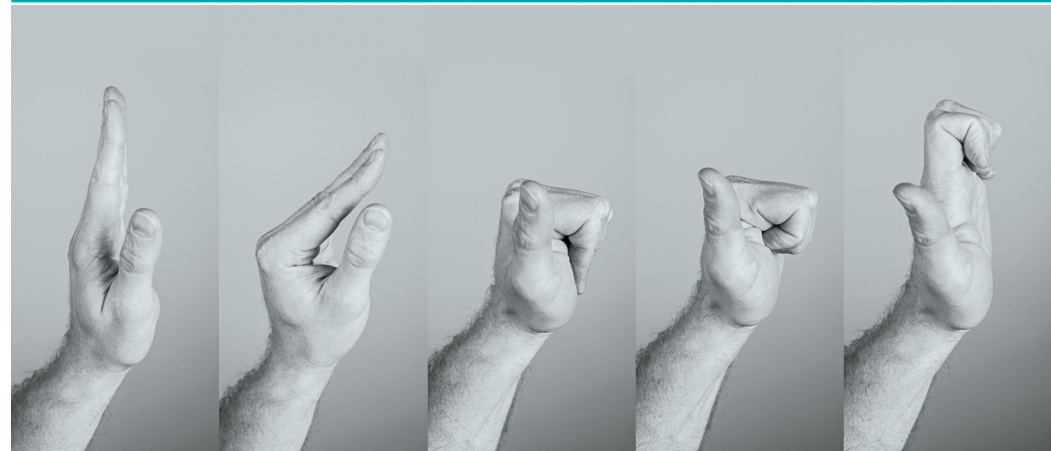
The Robert Jones and Agnes Hunt
Orthopaedic Hospital NHS Foundation Trust,
Oswestry, Shropshire SY10 7AG

Tel: 01691 404000
Web: www.rjah.nhs.uk

design by Medical Illustration

Information for patients

Ultrasound Guided Trigger Finger Release (Post Procedure)



Radiology



Scan the QR code to
access the **digital version**
of this leaflet

How will I feel afterwards?

You may have altered sensation around the injection site for approximately 2 hours, with a feeling of pins and needles as the anaesthetic wears off. You may have some bruising at the procedure site. Some discomfort may be present in the days following the procedure. If you require pain relief, consider simple pain medications that you can purchase at your pharmacy or discuss with your GP if you require further advice.

How soon will I be able to resume normal activities?

Please refrain from strenuous activities for 24 hours after the procedure. You should move your fingers straight away. You should keep the wound clean with a dressing for 24 hours.

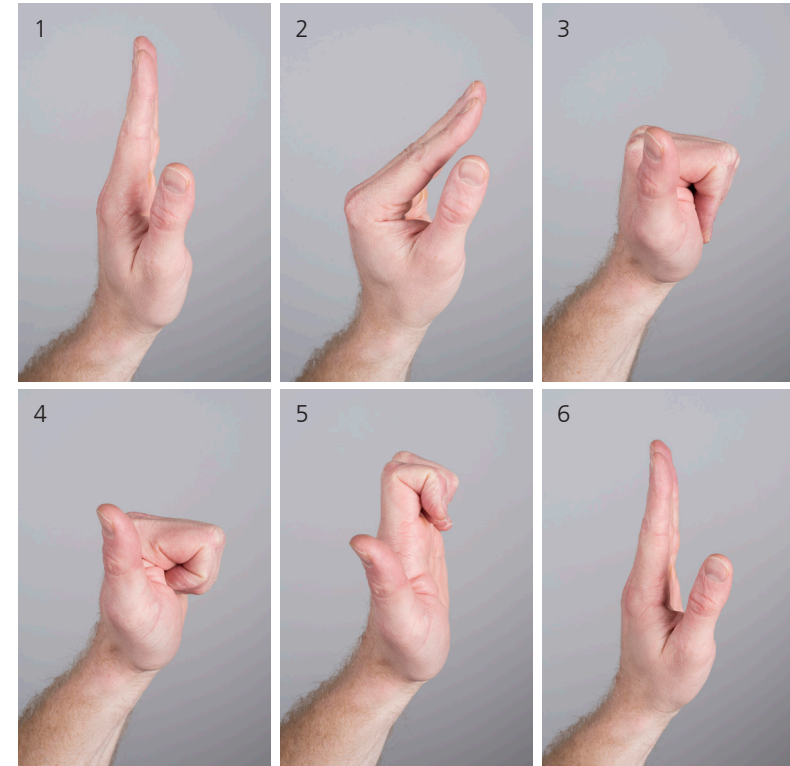
When can I return to work?

You can return to work as soon as you feel able to. We recommend you have the rest of the day off work.

What exercises should I do?

- Aim to practice the exercises 3 to 4 times a day, between 5 and 10 repetitions of each as comfortable
- If you feel you have done too many, rest the hand until it feels comfortable and slowly build up the exercises again
- None of the exercises should be significantly painful. However, it is normal to experience some discomfort during the exercises

One repetition:



Will I have to come back to hospital?

Not routinely, unless you are still having a problem. We will telephone you at two weeks to find out how you are after the procedure. You may receive a follow-up appointment with an upper limb Consultant if you still have your usual symptoms.

Who can I contact if I have any questions?

If you have a query regarding your appointment, please call:
01691 404106