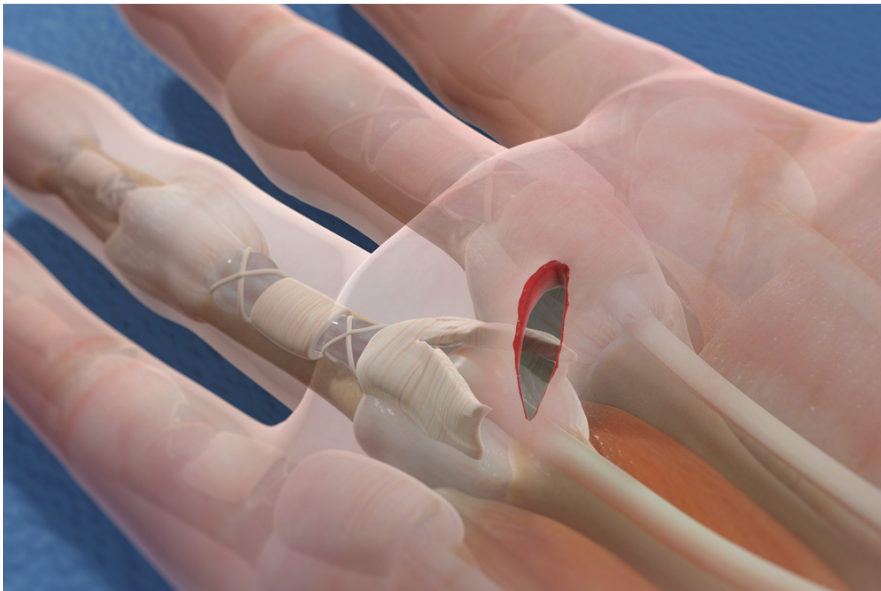
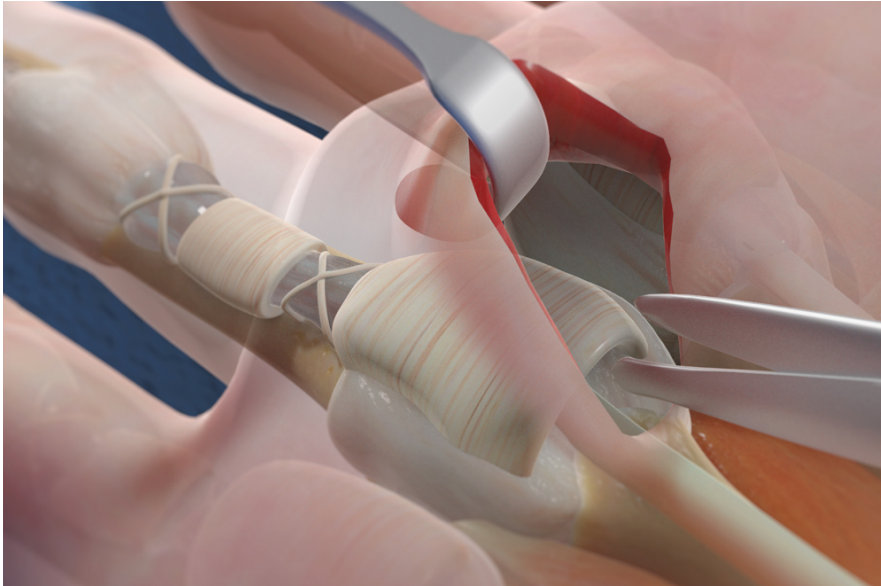




Trigger Finger Release



Overview

This procedure treats a tendon sheath known as the "A1 pulley." We treat this sheath so you can bend and extend your finger or thumb without experiencing catching, locking or pain.

Preparation

To begin, we numb your finger. We may give you medicine to make you feel relaxed or to put you to sleep. There are a few methods we can use to reach the A1 pulley. We can reach it through an incision in your skin. Or, we may choose to guide a needle through your skin to the A1 pulley. If we use the needle method, we won't need to make an incision.

Releasing the finger

Now we need to modify this tendon sheath. It's so tight the tendon that passes through it is not able to glide through easily. To fix the problem, we use a cutting device (or the tip of the needle) to carefully open the sheath. This creates a larger pathway. It gives your tendon more room to glide back and forth without getting caught.

End of procedure

When it's done, we close the incision (if we've made one) and bandage your hand. Follow your care plan for a safe recovery.