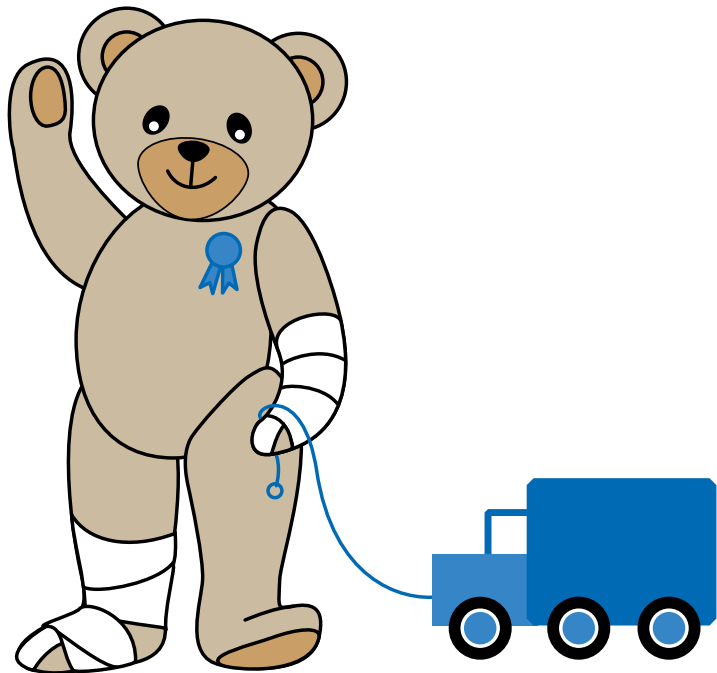


Trigger Thumb Release

Paediatric Day Surgery Unit



Patient information leaflet

What is a trigger thumb?

When a nodule or a tendon becomes stuck in a bent position and your child is unable to straighten their thumb fully.

What is involved?

The operation is a small procedure to release the band holding the nodule. There will be a small incision on the thumb that will be covered by wool and a crepe bandage. This must remain in place for as long as possible but at least 48 hours.

Is there any alternative treatment?

Usually trigger thumb release is done after a period of observation has failed.

Are there any potential complications?

- Bleeding
- Infection
- Nerve Damage
- Stiffness

Stitches

Children's stitches are usually dissolvable and do not need to be removed. They should start to dissolve within one to three weeks. During this time you may see small pieces of the stitch material poking out of the healing wound, don't be tempted to pull these. If the stitches cause your child pain or discomfort please contact your GP surgery for advice.

Bathing

The wound must be clean and dry for the first three – four days (or as long as your child's surgeon advises).

General points to remember:

- If possible have showers not baths
- Don't use bathing products directly over the wound

- Dry the surrounding area carefully by patting gently but allow the wound to air dry or using the cool setting on the hairdryer
- Once the wound has healed gently rubbing petroleum jelly or a fragrance free moisturiser into the scar helps to reduce how noticeable it is.

Will it be painful?

Some pain/discomfort maybe felt initially so give your child regular Paracetamol and Ibuprofen for pain relief according to their age. If your child needs anything stronger, this will be provided by the ward. Give regularly for the first 48 hours and then as necessary.

Next dose Paracetamol:

Next dose Ibuprofen:

When can my child go back to School/Activity?

It is advisable to keep your child off school for one week.

GP letter

A letter will be sent to your child's GP giving brief details of their admission. You will be given a copy of this on discharge in case of emergency.

Will my child need a follow-up appointment?

You will be sent an outpatients appointment in the post.

Reference sources

- Mr C. Coates (Consultant)
- www.bupa.co.uk
- About.com
- www.guysandstthomas.nhs.uk

Contact details

If you are seriously concerned about your child, please take them to Accident & Emergency.

Day Surgery Unit

Telephone: 01483 406783 (Monday–Friday, 8am–8pm)

Hascombe Children's Ward

Telephone: 01483 464071 (24 hours)

Accident & Emergency

Telephone: 01483 464156 (24 hours)

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm, Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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