



A general anaesthetic requires your child to be starved beforehand. On the day of the operation
..... (date) your child should not have anything to eat (including chewing gum), or milk to drink from (time).

They may have only water or weak squash up to (time). If breastfeeding, the last breast feed can be given at (time).

If you do not follow these instructions your child's procedure may be delayed or even cancelled.

Trigger thumb release

Information for parents

This leaflet aims to answer some of the questions that you/ your child may have about surgery to treat a trigger thumb. You will also have an opportunity to discuss any further queries or concerns with hospital staff on admission.

What is trigger thumb?

This is when the sheath around the tendon has narrowed, preventing the thumb from straightening fully.

Why does my child need to have trigger thumb release?

The procedure will straighten out the trigger thumb. The procedure is successful in virtually all cases.

What are the risks of the procedure?

Rarely, nerve damage may occur at the incision site on the trigger thumb. This may be experienced as numbness, tingling or pain. How intense and how long-lasting the symptoms are will vary.

Every anaesthetic carries risks. The anaesthetic will be given by an anaesthetist (a specially trained doctor). After having an anaesthetic some children may feel sick or vomit. They may have a headache, sore throat, feel dizzy or be upset. These side effects are usually not severe and are short-lived.

What happens before the procedure?

Your child should not eat before having a general anaesthetic. If your child takes regular medication you will have been given advice about whether you are able to continue with this before the operation after completing the pre-op questionnaire.

What shall we bring to hospital?

For some children it is reassuring if they can bring a familiar toy from home. A play specialist may be involved in your child's care, and they will be able to provide a range of suitable toys and activities. A hospital gown will be provided to wear to theatre. However, children may want to bring their own nightwear, slippers and dressing gown to change into afterwards.

What happens on admission?

Please remove any rings from the child's hand as there may be swelling of the hand afterwards.

The surgeon will explain the procedure to you on the ward, and can discuss any worries that you may have. An anaesthetist will also visit you to explain the anaesthetic. If your child has any medical problems, for instance, allergies, please tell the surgeon and anaesthetist about these. Your child may also have 'magic cream' (local anaesthetic) applied to the back of their hands so that the anaesthetic injection will be less painful. One parent/carer will be able to accompany your child to the anaesthetic room and stay with them until they are asleep.

What happens after the procedure?

After your child has had their operation, they will be taken into the recovery room to wake up. Once they are sufficiently recovered, you may be able to accompany the nurse to collect them and bring them back to the ward. Children are given pain relief during their operation. If necessary, further pain relief will be given on the ward. It is possible that your child may vomit following surgery - medicine can be given to relieve this if the vomiting persists.

When can we go home?

You may take your child home when you, your child and the staff are happy that they are sufficiently recovered. They should be comfortable and alert, and must have had something to eat and drink before we will allow them to go home.

What happens when we go home?

- Your child will need Paracetamol (Calpol) after the operation. Please make sure you have some at home and that you follow the instructions on the bottle/packet.
- A small dressing will be used to cover the wound, as well as padding and a crepe bandage.
- Please keep the dressing in place, ensuring it remains clean and dry until you are seen in follow up clinic.
- If your child develops a temperature or complains of increasing pain then please contact your GP.
- The stitches are dissolvable, and therefore do not need removing.
- A follow-up appointment will be given to you before you go home. This is usually 7-10 days after the operation.
- If your child goes to nursery, keep them at home until the wound has healed. This may take up to 7 days.
- If you see any signs of fresh bleeding, please contact your GP.
- You will be offered a follow up telephone call the day after the procedure, to ensure you are not experiencing any problems.

Contacting us

If you require any further advice please contact:

Kempton Day Bed Unit: 0118 322 7515 / 8754 (Mon – Fri 7am – 7pm)

Lion/Dolphin Ward: 0118 322 7519 / 8075 (outside these hours)

Angie Lee, Nurse Consultant 0118 322 8747

Nina Doherty, Clinical Nurse Specialist 0118 322 8746 or bleep 232

More information

Visit the Trust website at www.royalberkshire.nhs.uk

This information can be made available in other languages / formats upon request.

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