

# Trigger Finger Injection

A trigger finger injection is an injection of a mixture of local anesthetic and corticosteroid into the tendon sheath of the affected finger to help relieve the symptoms of stenosing tenosynovitis, otherwise known as trigger finger.

## Conditions treated

You may benefit from a trigger finger injection if you suffer from:

- Trigger finger
- Finger stuck in flexed or extended position

## Duration

Less than 30 minutes

## How is it performed?

Prior to the injection of the steroid, the site of the injection will be cleansed. Next, local anesthetic will be used to numb the area. The needle will be inserted at the joint of the finger on the palm side. After injecting the mixture of local anesthetic and steroid, the needle will be removed and a bandaid may be applied.

## What are the risks?

This procedure is a relatively safe, non-surgical treatment, with minimal risks of complications. Some of the most common or possible side effects are:

- infection
- weakness in hand that may or may not be permanent
- increased pain

Steroids will cause elevated blood sugar and can increase your blood pressure. You may also develop temporary flushing, muscle cramping, increased appetite and difficulty sleeping. This will typically resolve in 1 week but can last several weeks.

## What to expect after the procedure

You can expect to experience some pain relief immediately. The duration of the pain relief is different for every patient. Some patients will experience long-term relief after one injection, while others may need additional treatment. Ice is typically more helpful than heat during the first few days after the injection.

You should not drive or engage in physical activity for 24 hours following the procedure.

You may resume medications and regular eating habits immediately.

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