



JOSHUA ALPERT, MD

**Dr. Joshua Alpert  
Post-Operative Surgery Instructions:  
Hand/Finger Surgery (Trigger Finger)**

**Immediately After Surgery in the Recovery Room:**

- After surgery you will be taken to the recovery room, where your family can meet you. You will have a dressing with ace wrap on your operative hand. The ace wrap and dressing should stay on until your first post op visit.
- It is encouraged that you move your fingers and elbow as much as possible to increase circulation.
- You will receive a prescription for pain medication for your return home. We recommend taking the first dose immediately when getting home, then as needed.

**After Surgery at Home:**

- The dressing and ace wrap should stay on until your first post op visit. Keep it dry by covering it with a plastic bag while showering.
- Continue moving your fingers and elbow to increase circulation and promote healing. Ice and elevating the extremity will help with swelling and pain.
- Pain medication: We will not call in medication refills after 5pm or on the weekend. Please let our office know during business hours when a refill is needed, and we will call it in per office policy.

**First Post-Op Office Visit:**

- Please arrange to see Dr. Alpert or PA Alyssa in the office 1-5 days after surgery.
- At your first post op visit, the dressing will be removed and the wound will be assessed. The second post op visit will be about 14 days after the surgery to remove the sutures.
- If you have any questions or concerns regarding your surgery or the rehabilitation protocol, please contact Dr. Alpert's office at 224.293.1170 and ask for Alyssa (PA) or Nikki (secretary).

Fox Valley Orthopedics  
420 W. Northwest Highway  
Barrington, IL 60010  
847.382.6766

Fox Valley Orthopedics  
1710 Randall Road  
Elgin, IL 60123  
224.293.1170