

Trigger finger:

Advice for after your injection

Information for patients

You have been given this leaflet because you have had treatment of your trigger finger/s with a medication called a corticosteroid.

The purpose of the corticosteroid injection is to reduce the inflammatory process which is happening in the tendon sheath which can cause pain, clicking or locking of your finger/s.

The particular product that you have been injected with is called **Methylprednisolone 40mg and Lidocaine 10mg/ml**

Date of procedure:	
Dose:	

The Lidocaine within the product is a type of local anaesthetic and you should expect to experience tingling/numbness of the treated digit/s for up to two hours after treatment – this is normal.

Should you experience discomfort after the local anaesthetic has worn off you can take mild analgesia (pain killers) such as paracetamol.

You may have some flaring (worsening) of your symptoms for the first few days and the product can take more than six weeks to fully work. It is unlikely you will notice improvement in your condition immediately.

Please do not wear rings on your fingers for the first few days to ensure there is no sign of swelling.

You can use your hand for light day to day activities but try not to overly exert the treated hand for the first few days to allow it to recover from the injection.

Please report any excessive pain, significant swelling with feeling unwell, or redness of the digit/s to your GP or Accident and Emergency as soon as possible and take this information leaflet with you.