

# Trigger Finger Release Surgery

## VERSION CONTROL

<b>Version:</b>	3.0
<b>Ratified by:</b>	Governing Body Meetings in Common
<b>Date ratified:</b>	20 March 2019
<b>Name of originator/author:</b>	Joint CCG Clinical Commissioning Policy Development Group/NHS England
<b>Name of responsible committees:</b>	Clinical Quality and Governance Committee
<b>Date issued:</b>	1 April 2019
<b>Review date:</b>	March 2022

## VERSION HISTORY

<b>Date</b>	<b>Version</b>	<b>Comment / Update</b>
December 2015	1.0	
July 2016	2.0	Approved by Governing Body
March 2019	3.0	Approved by Governing Body meetings in common

## Commissioning policy: Coventry and Rugby CCG (CRCCG)

### Evidence-Based Intervention Commissioning policy:

#### Trigger Finger Release surgery

<b>Treatment</b>	Trigger Finger Release surgery
<b>Indication</b>	Trigger finger
<b>Treatment:</b>	<p>Mild cases which cause no loss of function require no treatment or avoidance of activities which precipitate triggering and may resolve spontaneously.</p> <p>Cases interfering with activities or causing pain should first be treated with:</p> <ol style="list-style-type: none"> <li>a. one or two steroid injections which are typically successful (strong evidence), but the problem may recur, especially in diabetics;</li> </ol> <p style="text-align: center;"><b>OR</b></p> <ol style="list-style-type: none"> <li>b. splinting of the affected finger for 3-12 weeks (weak evidence).</li> </ol> <p><b>Surgery</b> will be funded if:</p> <ol style="list-style-type: none"> <li>a. the triggering persists or recurs after one of the above measures (particularly steroid injections);</li> </ol> <p style="text-align: center;"><b>OR</b></p> <ol style="list-style-type: none"> <li>b. the finger is permanently locked in the palm;</li> </ol> <p style="text-align: center;"><b>OR</b></p> <ol style="list-style-type: none"> <li>c. the patient has previously had 2 other trigger digits unsuccessfully treated with appropriate non-operative methods;</li> </ol> <p style="text-align: center;"><b>OR</b></p> <ol style="list-style-type: none"> <li>d. diabetics.</li> </ol> <p>Surgery is usually effective and requires a small skin incision in the palm, but can be done with a needle through a puncture wound (percutaneous release).</p> <p><b>Prior approval from the Clinical Commissioning Group will be required before any treatment proceeds in secondary care.</b></p>
<b>Diagnostic and Procedure Codes</b>	T723, T691, T692, T698, T699, T701, T702, T718, T719, T723, T728, T729, Z894, Z895, Z896, Z897
<b>Equality Impact</b>	See NHS England Equality and Health Inequalities – Full Analysis Form