

<b>Policy statement:</b>	<b>Trigger Finger</b>
<b>Status:</b>	<b>Individual Prior Approval</b>

Surgery for trigger finger is commissioned by M&SECCGs on a restricted basis. Cases will only be funded if they meet the criteria below:

- Patients who experience interference with activities of daily living or significant pain.

**AND**

- Who fail to respond to all appropriate conservative<sup>1</sup> treatments for a minimum of 6 months.

**OR**

- Patients who have had 2 other trigger digits unsuccessfully treated with non-operative methods
- The finger is permanently locked in the palm

Conservative<sup>1</sup> treatments include:

- Reassurance – up to 83% have been found to resolve spontaneously after a few months.
- Steroid injections – 50-80% will resolve after a single injection and a second injection should be carried out after 6 weeks if no response to first injection. Patients should not be referred until they have tried two steroid injections unless contra-indicated. An interval of 6 weeks should elapse before surgery is considered.

For audit purposes, the referral letter and hospital records must include evidence that the patient meets the criteria, including the dates of the corticosteroid injections and any other conservative management.

Funding for patients not meeting the above criteria will only be granted in clinically exceptional circumstances.

Further information on applying for funding in exceptional clinical circumstances can be found on the CCGs' website.