

A woman with long dark hair, wearing a blue and white striped t-shirt, is shown from the chest up. She has her arms raised high, with her hands open, and is looking upwards with a slight smile. The background is a solid, light blue color. The text 'Regain the use of your hands' is overlaid in white, sans-serif font in the lower-middle part of the image.

Regain the use of your hands



Dr. JEAN-PAUL
BRUTUS

A close-up photograph of a person's hand wearing a white and yellow golf glove, firmly gripping the black handle of a golf club. The background is a soft, out-of-focus outdoor setting.

Return to Sports

A photograph showing a person's hands typing on a laptop keyboard. The person is wearing a grey, textured knit sweater. The focus is on the hands and the keyboard, with the laptop screen partially visible on the left.

Live your Passion

A photograph of a person's bare foot resting on a white, possibly medical or clinical, surface. The person is wearing a white garment with a grey patterned cuff. The lighting is bright and clinical.

Regain your Sleep

A close-up photograph of a person's hands using a hand tool, possibly a chisel or gouge, to work on a piece of light-colored wood. The person is wearing a blue long-sleeved shirt. The focus is on the hands and the tool as they shape the wood.

Return to Work



Return to your
Normal Life



Introduction

Trigger finger is one of the most common hand disorders. It is caused by a mechanical conflict between the flexor tendon of the finger and the sheath that surrounds it. The thickening of the tendon impedes the sliding and causes a snag, or "jump," perceptible by the patient. This conflict creates discomfort in the palm that can become very painful during flexion and extension movements.

Over time, the finger can also become stuck in flexion, extension or in a bent position, requiring the use of the other hand to loosen it. The results are usually permanent and the chance of recidivism is exceptional.

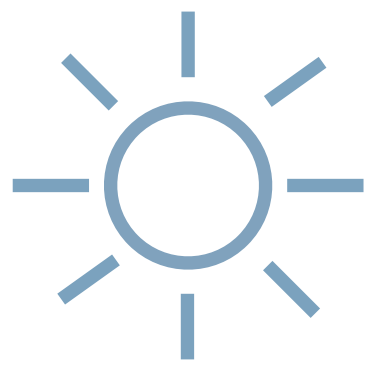


This condition often occurs in patients with rheumatoid arthritis or diabetes. Age and manual labour are also important risk factors.



Symptoms

The main symptoms of trigger finger are as follows:



Pain or stiffness in the palm of the hand, especially in the morning



Formation of a nodule palpable to touch



The finger locks when bending and extends with a jump. It must sometimes be extended with the assistance of the other hand



At an advanced stage, the finger may remain locked in the flexed position



A Few Facts



Women are affected up to 5 times more than men



Trigger finger affects up to 6% of the population



Trigger finger can affect more than one finger at a time. The little finger, the ring finger and the thumb are the most frequently affected fingers



The dominant hand is involved more often



Trigger finger can lead to work stoppage, loss of income, and the onset of anxiety symptoms



If not treated in time, trigger finger can cause permanent and irreversible sequelae (stiffness, loss of manual dexterity, loss of autonomy and permanent deformities).

Delaying
treatment can
cause permanent
sequelae



Is surgical treatment always necessary?

A number of treatments are available to reduce tendon inflammation. The prescription of anti-inflammatories and sleep braces is common in cases where the problem has arisen as a result of unusual effort or repetitive movement. In early stages, a cortisone injection can also be done at the base of the finger.

Note

Remission is often temporary and there is a risk of recurrence after a few months. Surgery usually occurs when symptoms are recurrent. The endoscopic method is preferable in severe cases or in cases of recurrence. Results are usually permanent and recurrence is rare.



Who is
Dr. Jean-Paul
Brutus?



Dr. Brutus



Dr. Brutus is one of the rare private surgeons whose practice is exclusively devoted to hands and wrists.



He is among the first in the world and the only one in Canada to perform endoscopic trigger finger decompression.



Through his clinical practice and research, Dr. Brutus has contributed to the arrival of endoscopic hand surgery in Canada.

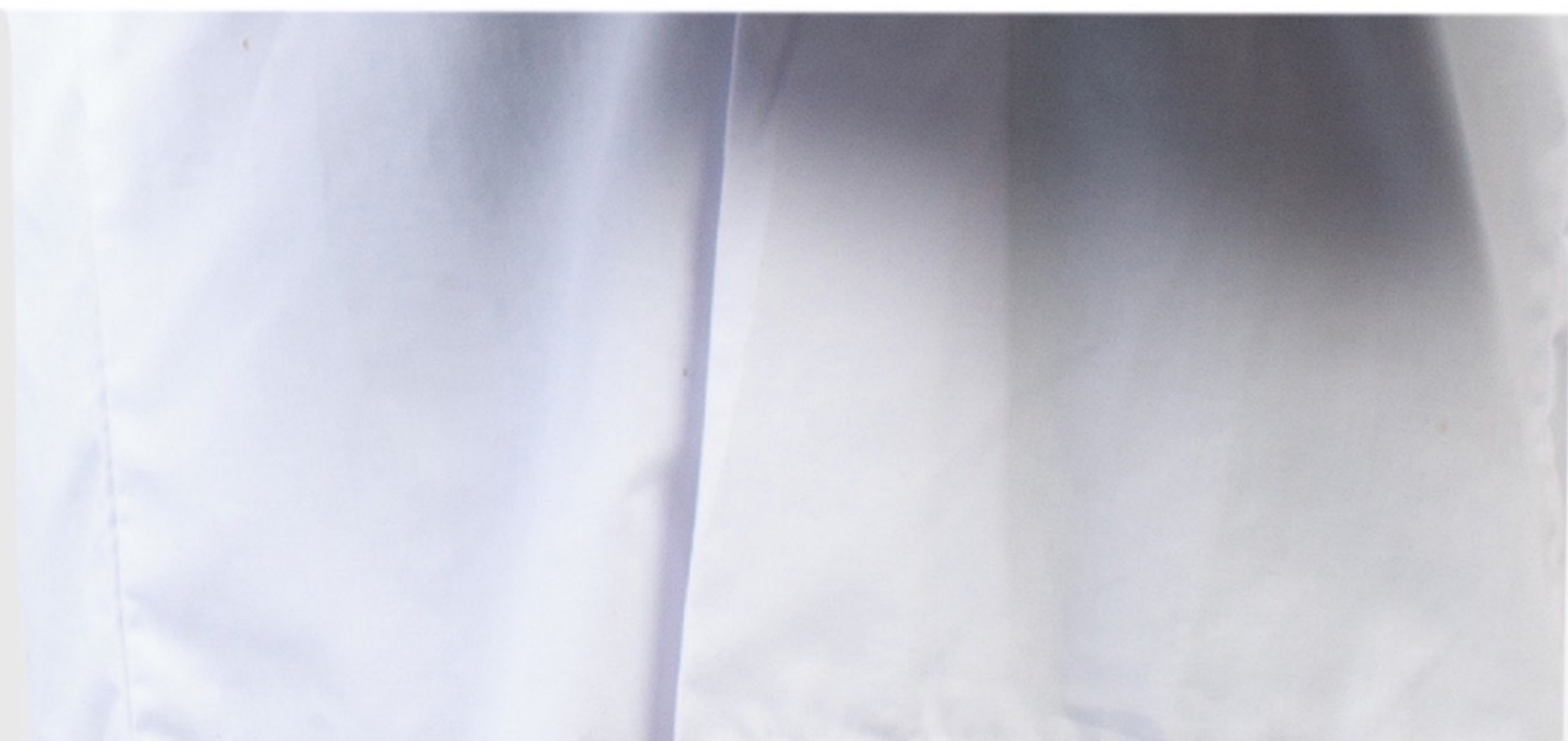


He has over 20 years of experience and has done more than 10,000 operations.





What you
need to know
about the
surgery



Cutting-edge Technology

The only operation offered so far and the only method used in the public system is "open" surgery. This technique requires a 1 to 2 cm incision in the palm and leaves a wound needing to be treated and dressed for two weeks.

Complete recovery lasts from six to eight weeks. The success rate is good, but recovery takes a long time. In addition, it is not unusual for the scar to remain sensitive and the hand to remain swollen. In fact, endoscopic surgery is preferable for severe cases or recidivism.

Dr. Brutus selected a minimally invasive technique that allows complete remission, practically without pain and recovery time.

Minimal Pain

The operation consists of introducing a microscopic high definition camera and a special instrument to cut the ligament responsible for the blockage into two tiny holes.

The surgery is performed under local anesthesia and no stitches are necessary. The palm does not scar and the hand returns to normal mobility immediately.



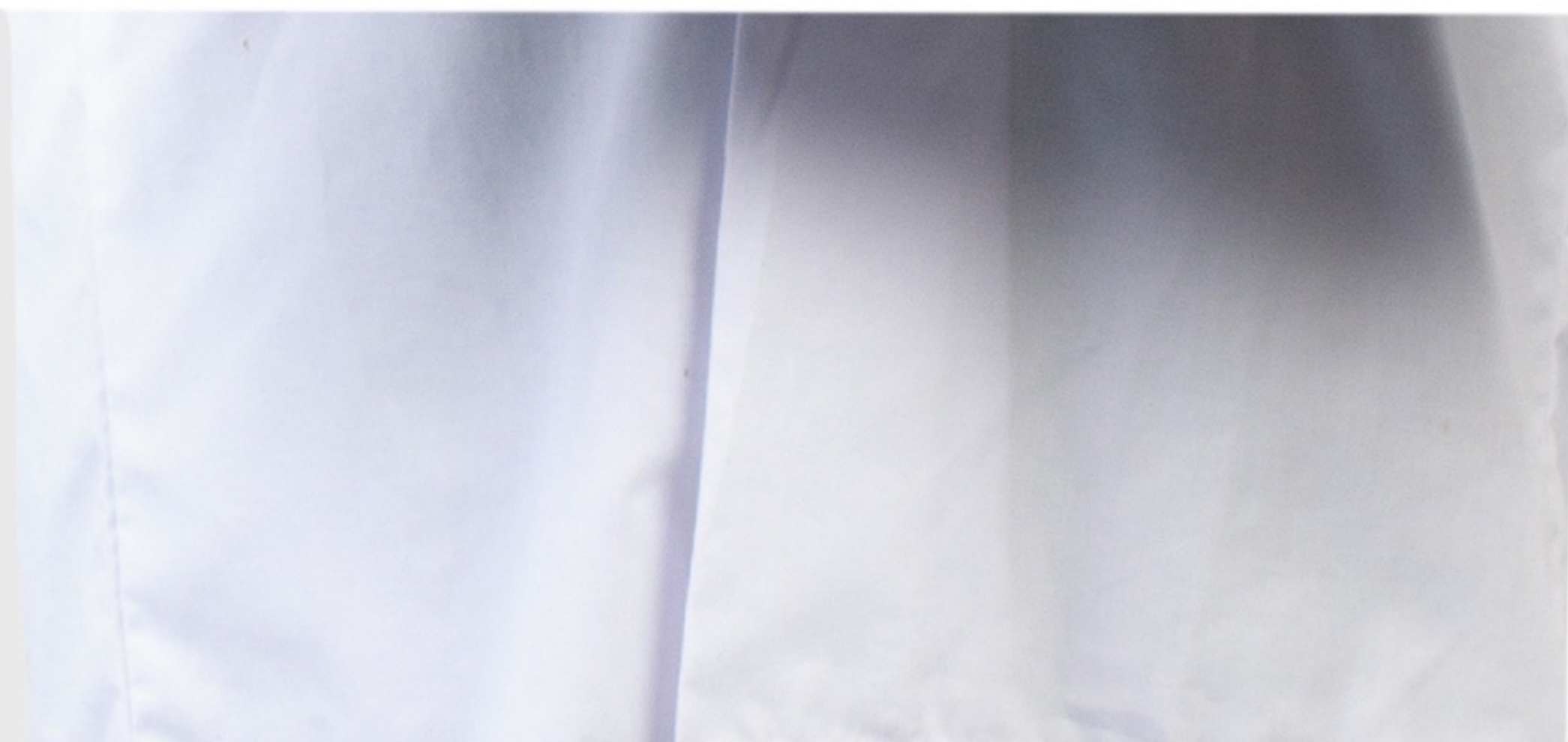
Endoscopic Decompression

The procedure does not require splinting or re-training and the treatment is definitive. This is the most improved and advanced method to permanently treat trigger finger.

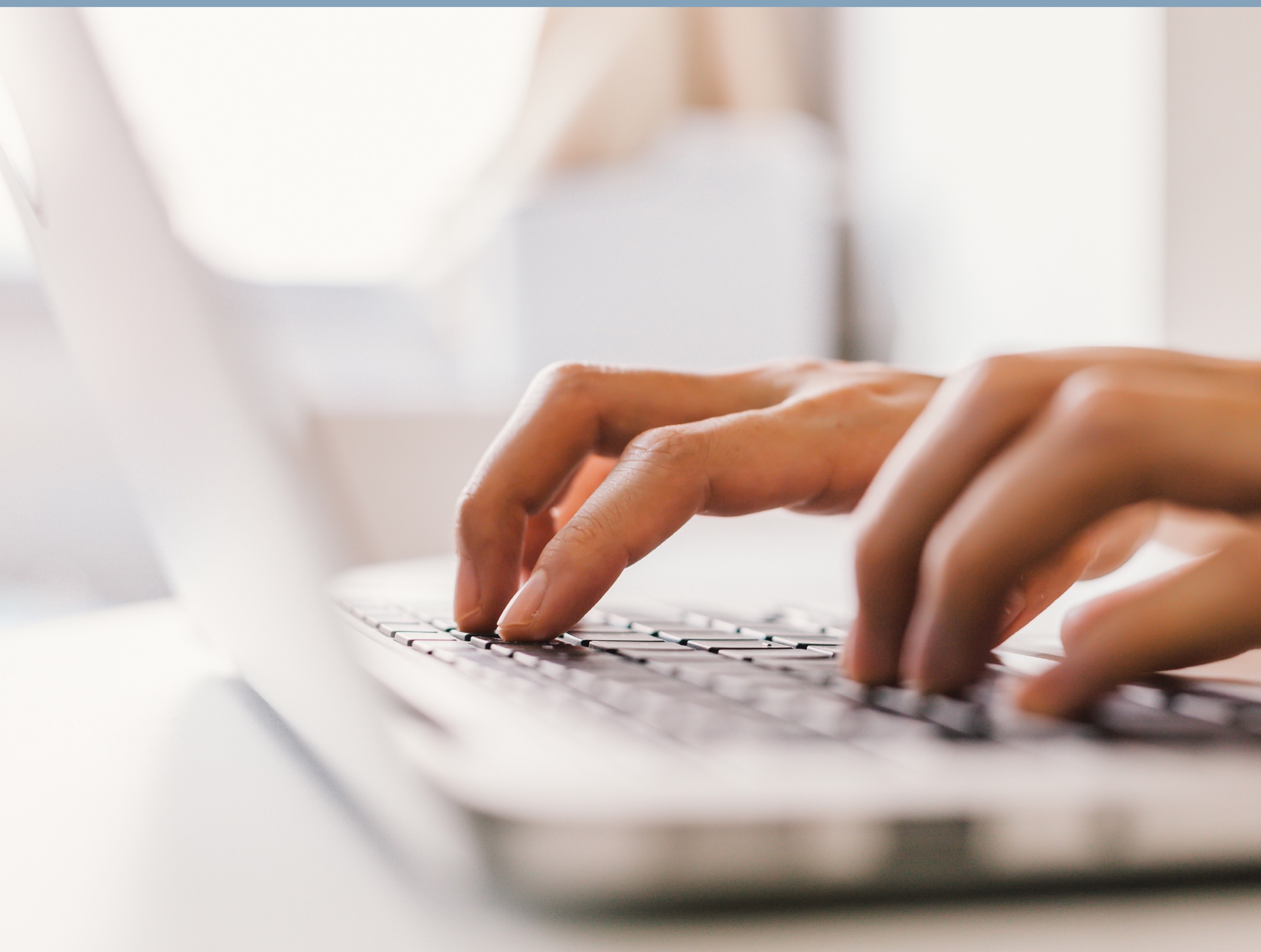
- ✓ Local anesthesia
- ✓ Quick procedure - About ten minutes
- ✓ Tiny incision
- ✓ Minimal pain
- ✓ No stitches
- ✓ Immediate relief of symptoms
- ✓ Hand use in 24 to 48 hours
- ✓ Safe and proven - Thousands of patients have already been operated on successfully



What are
the benefits of
endoscopic
decompression?



The technique
allows you to
resume your
activities 4x more
quickly than with
any other surgical
procedure.

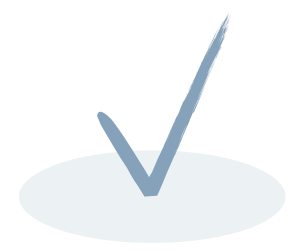


Advantages

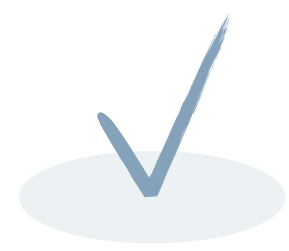
Unlike the traditional method, endoscopic decompression does not require postoperative care or a long recovery period. The return to productivity and normal life is without delay.



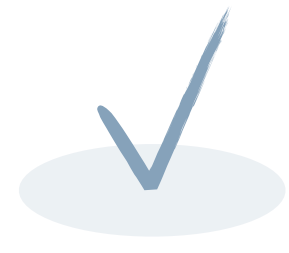
Immediate relief of your symptoms and pain



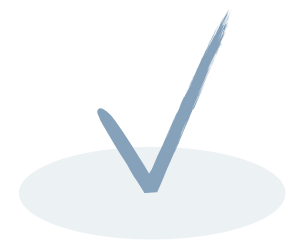
Allows treating several fingers or both hands during the same operation



Little discomfort or risk of complications



Minimal downtime



No postoperative care needed



Much faster return to work



Quick recovery of your leisure and sports activities

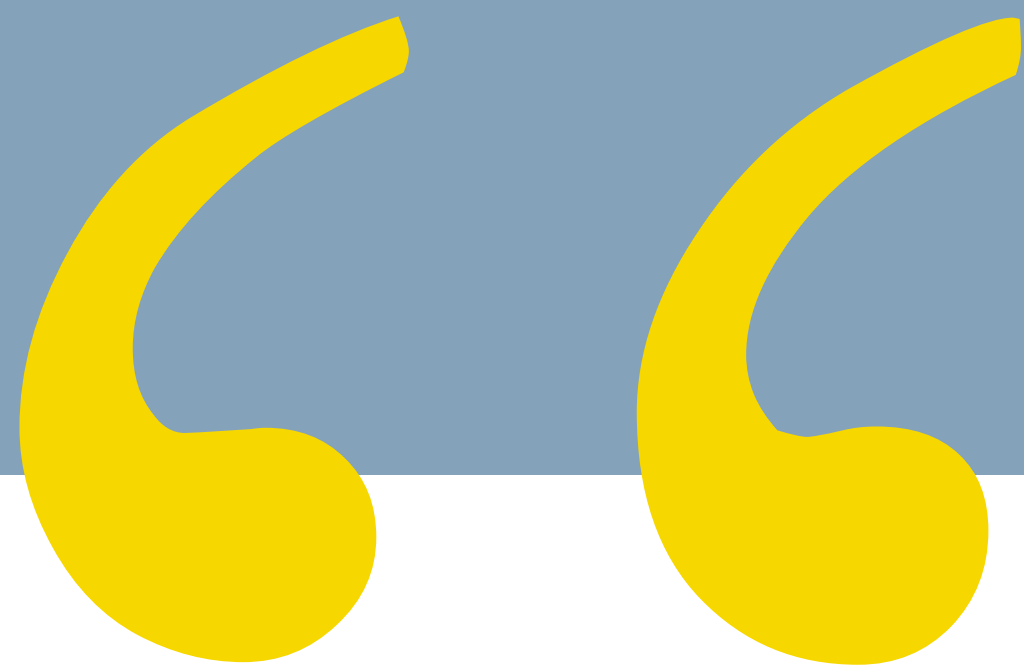


Minimal loss of income



What our
patients say

Dr. Brutus
maintains an
excellent rating
on the RateMDs
website



For more recovery stories, please visit

ratemds.com



" Excellent clinic, staff and care. Doctor Brutus is very professional, a great mix of knowledge, confidence and sense of humour. He is clearly very much liked by his staff and the atmosphere is upbeat and caring. I had my right trigger thumb taken care of, and while still recovering, the surgery was a success and conclusive. "

- S.R.

" I went to Dr. Brutus to fix my trigger finger that was brought on from walking my large dog who loves to pull. After examining my finger Dr. Brutus assured me that he could remedy this. After his quick intervention my trigger finger is no longer a problem. All is well. It has been a while since I experienced such calm and compassionate care in such a warm setting. I would highly recommend Dr. Brutus. "

- L.N.

Regain your
hands and your
smile today!



A photograph of a man in a white surgical cap and light blue shirt hugging a woman with long, wavy blonde hair from behind. They are in a hospital hallway. In the background, a glass door has text that reads "SALLE D'OPERA OPERATING ROOM VESTIBULE LOOK". The entire image has a blue color overlay.

drbrutus.com



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