

**BSSH Evidence for Surgical Treatment (BEST): Evidence based management of adult trigger digits (published September 2016, valid until: September 2021)**

Key clinical practice recommendations:

1. In the absence of contraindication and with patient's agreement, the first line of adult trigger digit should be a single steroid and local anaesthetic injection. A percutaneous release in outpatients may be offered if the practitioner is qualified and experienced in the procedure (moderate evidence).
2. If the patient prefers percutaneous or open release, a referral to secondary care should be made (high evidence).
3. A referral to secondary care for surgical treatment (percutaneous or open depending on the available expertise) should be made (high evidence) if symptoms fail to resolve, or if there is recurrence.

