



POST-OPERATIVE INSTRUCTIONS: CARPAL TUNNEL RELEASE

ACTIVITY

- You **may** use the hand and fingers as needed in the splint.

SPLINT

- Keep the splint on at all times for the first 4 days
- Four days after surgery it can be removed as well as the dressing underneath it
- When the splint is removed you may start normal activities
- When the splint is removed you may wash the hand and gently blot it dry
- While the splint is on you will need to keep it dry to shower or bathe

PAIN & INFLAMMATION

- **Ice** - Apply ice bags wrapped in a dry towel several times per day for 20 minutes for the first week and then as needed for pain relief and inflammation.
- **Elevation** - You may notice that your fingers will get swollen if your arm is hanging by your side for long periods of time, therefore keep your arm **elevated above your heart** as much as possible for the first 2 to 3 days.
- **Pain Medication**- You have been given a prescription for pain control; please take as directed.
 - If you think you will require a refill on your medication, you **MUST** do so during our regular **weekday** office hours.
 - If you need additional pain medication you may take Tylenol 500-650mg every 4-6 hours. Do not take more than 3grams or 3000mg in a 24 hour period!
 - Common side effects of the pain medication are:
 - NAUSEA: To decrease nausea, take these medications with food.
 - DROWSINESS: Do not drive a car or operate machinery.
 - ITCHING: You may take Benadryl to alleviate any itching.
 - CONSTIPATION: To decrease constipation, use the stool softener provided (Docusate 250mg) or over-the-counter remedies (Mineral Oil, Milk of Magnesia, etc). Also avoid bananas, rice, apples, toast, or yogurt. . .as these foods can make you constipated. Getting up and moving around also helps with constipation and “waking up” your intestinal tract.
- Anti-inflammatory medications (Aleve, Ibuprofen, Naproxen, etc.) should **not** be taken for 2 weeks after surgery.

EMERGENCIES

- Please have someone stay with you for the first 24 hours after surgery
- Please call the clinic or the orthopaedist on-call if:
 - Drainage from the incision soaks the dressings, expands, is foul-smelling; or your incisions are red, warm, and extremely painful
 - You develop a fever (>101.5°) or chills.
 - You experience leg or calf pain, leg swelling, or difficulty breathing.

FOLLOW-UP CARE

- Please **schedule a follow-up visit** for suture removal, and to review your surgery 10-14 days postoperatively.
- At this visit:
 - Your wound healing will be checked
 - You will likely be allowed to resume normal activities

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE FEEL FREE TO CALL THE OFFICE (760)924-4084.