

Post-Operative Instructions

Call our office if you have any of the following:

1. Fever over 102 degrees.
2. Yellow, green or foul-smelling drainage
3. A large red area around the incisions.
4. You suspect an allergic reaction to medications or dressing materials. This could be shortness of breath, a rash or redness, hives, etc.

Medication:

1. Take your regular medications as prescribed.
2. You have been given a prescription for pain medication. Please take according to the instructions
3. Some pain medications contain Tylenol. DO NOT take additional Tylenol without discussing with your surgeon. This can lead to liver failure.
4. Do not drive or drink alcohol while you are on narcotic pain medication.
5. Sometimes pain medication causes nausea. If this is severe and doesn't go away, call our office.
6. Pain medication can cause constipation. Drink plenty of water and/or fruit juice. Take milk of magnesia if you become constipated or use a stool softener such as Dulcolax.

Carpal Tunnel Release

Dressings/Bandages:

1. Your dressing and carpal tunnel splint applied in the operating room should remain on, dry, and intact until we see you back on your post op appointment. You may shower but keep the dressing dry by covering the area with a plastic bag.

Activity and Icing

1. Minimize activity on the day of surgery.
2. Elevate the surgical hand and apply an ice pack every hour for 20 minutes, for the first 72 hours. After that, elevate and apply ice 2-3 times/day until the swelling goes down. Put a thin towel between the ice bag and your skin. **Do NOT use heat.**

Hand Exercises

It is recommended for the patient to start moving the hand to decrease post op swelling. These exercises should be done every 30 minutes with 10 repetitions each.

