

**POST- OPERATIVE INSTRUCTIONS**  
**PROCEDURE: CARPAL TUNNEL RELEASE**

- Dressings: Your hand and wrist are in a soft dressing. This may be removed three days after surgery. You will have 2-3 sutures. This can be covered with a band-aid or other simple dressing.
- Elevation: Keep your arm/hand elevated above the level of your heart for the first 3 days after surgery.
- Finger Range of Motion: Several times an hour move your fingers. Gently flex and extend all fingers including the thumb.
- Cold Therapy: Apply ice to the surgical area in a waterproof bag for 20 minutes each hour you are awake. Always place a barrier between your skin and the ice such as a t-shirt or pillowcase.
- Activity: Do not carry anything with the operative arm/hand.
- Pain Medication: You will be given a prescription for pain medication to be taken after surgery. This should be filled and ready for use when you return home from surgery. You should not drive, operate heavy machinery or participate in activities that require concentration while taking narcotic pain medications such as Percocet, Oxycodone, Norco, Vicodin or Tylenol with Codeine. You should take an over the counter stool softener while taking narcotic pain medications to prevent constipation.
- 1st Post-Operative Appointment: Please follow up 10 days after surgery for a wound check. At that visit the sutures will be removed.
- When to call your surgeon:
  - Complications after surgery are fortunately very rare. Call the office if you have any of the following symptoms:
    - Persistent fever >101, chills
    - Increasing pain at the surgical site
    - Increased swelling/pain in the calf
    - New onset numbness or tingling
    - Hives or new rashes
    - Shortness of breath or chest pain
    - Persistent nausea/vomiting
- Prescription Refill Protocol: You **MUST** give your physician 48 hours notice for any medication refill. Many medications require an electronic prescription and cannot be filled over the weekend.