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## **Carpal Tunnel Release: Post-Operative Instructions**

### **Incision Care**

- Keep incision dry until post-operative office visit.
- You may shower, but no tub baths, do not submerge hand in water.
- For showering, cover hand and wrist with plastic bag and tape below elbow.
- Change bandage on 3rd day after surgery.
- Remove all bandages, apply Neosporin ointment (if not allergic) to incision line, cover incision with gauze and rewrap hand and wrist using ace bandage, continue this process daily until post-operative office visit.

### **Pain Management and Medications**

- Swelling of the hand and fingers to some degree is common after surgery.
- Keep hand elevated above heart as much as possible.
- Keep hand elevated on pillow while sleeping at night.
- Keep hand elevated by wearing your sling during the day.
- You will be given a prescription for pain medication when you leave the hospital.
- Take as directed on prescription bottle.
- Do not drive, operate machinery or drink alcoholic beverages while taking your pain medication.
- Medications may be refilled, if necessary, during regular business hours:  
Monday-Thursday 8:30-5:00  
Friday 8:30-12:00
- In general, refills will not be made after hours or on weekends, so please plan ahead.

### **Activity**

- Open and close hand several times a day to promote circulation and prevent swelling.
- No tight gripping with hand until released by your physician.

### **Call Our Office if:**

- You experience excessive pain, excessive swelling or excessive drainage from your incision.
- You experience excessive numbness or color changes of your hand or fingers.
- You have a fever of 101 degrees or higher.

### **Follow-up Appointment**

- This appointment will be 10-14 days after surgery.
- Your stitches will be removed at your post-operative office visit.