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Carpal Tunnel Release: Post-Operative Instructions

Incision Care

- Keep incision dry for 1st 2 days.
- You may shower, but no tub baths, do not submerge hand in water, starting post-op day 3.
- Apply Neosporin ointment (if not allergic) to incision line.

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.
- No lifting > 10 lbs or strenuous activity.

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.