



CARPAL TUNNEL RELEASE SURGERY

Post-Surgery Instructions and Information

Follow-up:

- Schedule a 2-week follow-up appointment with Dr. English's Office (Mountain Orthopaedics). We will remove your sutures at this follow-up visit if needed.
- Follow-up sooner with any questions or concerns.

Therapy and Use:

- Elevate the hand above the heart as much as possible for the next 48hrs.
- Open and close the fingers for 5 minutes every hour while awake. This prevents finger stiffness and helps with swelling
- No heavy gripping or use until you have been seen for your follow-up appointment and have had your sutures removed
- Light use of the hand is encouraged, no heavy use
- Avoid activities that involve excessive forward bending of the wrist

Dressing and Wound Care:

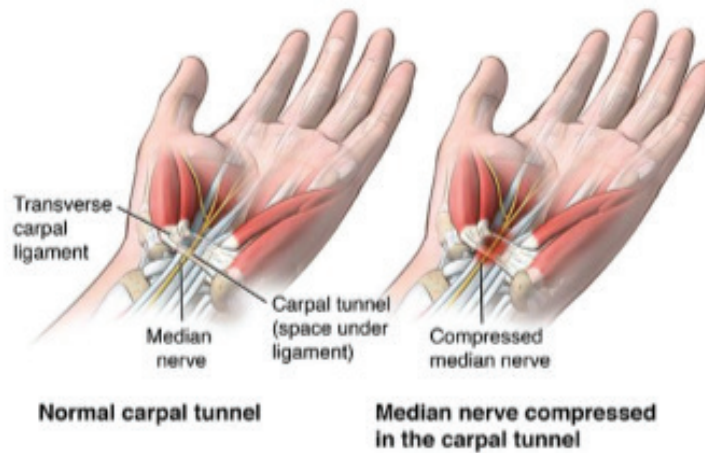
- Leave dressing in place for 3 days. Cover the dressing when showering/bathing. After 3 days, remove the dressing. If you have steri-strips do not remove them, allow steri-strips to come off on their own.
- After dressing is removed, it is okay to get the hand wet once daily in the shower. Avoid bathing, soaking, or frequently getting the incision wet.

Pain Control:

- Numbing medication used during surgery can last between 12-36 hours
- Use Ibuprofen and Tylenol for pain control after surgery
- If prescription medication is required it should NOT be taken within 6 hours of taking Tylenol (Acetaminophen). Tylenol (Acetaminophen) can be taken with or alternated with Ibuprofen
- Prescription pain medication can cause constipation, nausea, itching, drowsiness, or hallucinations. It should be taken with a stool softener (Colace) and/or laxative (MiraLAX)

Carpal Tunnel Release Surgery

• Carpal tunnel surgery is done with a traditional open, endoscopically or ultrasound guided technique. The goal of carpal tunnel surgery is to release pressure on the median nerve which improves sensation and decreases pain in the forearm, wrist, hand and fingers. During the surgery the transverse carpal ligament (the structure compressing the median nerve) is divided, creating a better environment for the median nerve to function.



When to call the surgeon

Call your surgeon if you notice any of the following:

- White or pale-blue hand or nails (If you pinch your skin or nail and the color doesn't return)
- Pain that is not relieved by prescribed medicine
- Loss of sensation or excess swelling in hand or fingers
- Fever over 100.4°F (38°C)
- With any shortness of breath, chest pain, or difficulty breathing go to ER