

Carpal Tunnel Surgery

After your surgery: An appointment will be made for you prior to you leaving the hospital or you will be given instructions on how and when to schedule your follow-up appointment. This is usually in 10 to 14 days.

Medications:

- A prescription for pain medication will be given to you upon dismissal. Please use the medications for pain as needed, and as prescribed.
- You may also take over-the-counter ibuprofen as directed for pain in addition to your prescription. Do not take ibuprofen if you are allergic to it, have stomach ulcers, or kidney problems.

Activity:

- Light use of your hand and wrist is permitted. Do not do any heavy lifting, pushing or pulling until you are cleared to do so by your doctor.
- Avoid forceful gripping and lifting over 5 pounds.

Swelling:

- Keep your hand and arm elevated above the level of your heart as much as possible for the first few days after surgery.
- Apply cold packs to the incision frequently after surgery.

Incision Care:

- You may remove your dressing 48 hours after surgery to clean your incision daily with rubbing alcohol. Reapply a light clean gauze dressing.
- If the ace wrap feels too tight, do not hesitate to take it off and reapply at any time so that it is comfortable to you.
- You may rinse off your incision in the shower using clean soap and water.
- Do not soak your incision in a bathtub or whirlpool.
- Do not remove the sutures. Your doctor will remove them at your follow-up visit.

- Despite the greatest of care, any wound can become infected. Contact your physician immediately if you run a fever, if your wound becomes sorer rather than less painful as the days go by, or if you have any increased swelling, redness, or show pus.

Exercise:

- Move your fingers frequently throughout the day. This will prevent stiffness and help reduce swelling.
- Move your wrist at least four times daily as well.

Return to Work:

- You may return to work within a few days after your surgery with the following restrictions for your hand.
 - ! No lifting over 5 pounds.
 - ! No forceful gripping or repetitious use.
 - ! The incision must be kept clean and dry.

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