

LAKES ORTHOPAEDICS SPECIALISTS
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POST OPERATIVE INSTRUCTIONS: CARPAL TUNNEL RELEASE

ACTIVITY:

- DO NOT LIFT ANYTHING WITH THE SURGICAL HAND OR PUT PRESSURE ON THE WOUND.
- ELEVATE HAND ABOVE LEVEL OF YOUR HEART AS MUCH AS POSSIBLE THE FIRST TWO DAYS.
- START RANGE OF MOTION EXERCISES OF THE FINGERS AND WRIST THE FIRST DAY AFTER SURGERY.
- MAY PROGRESS TO USING THE COMPUTER AND DOING LIGHT HOUSEWORK.
- YOU MAY DRIVE A CAR, IF NEEDED.

DRESSINGS:

- NO CAST OR SPLINT IS NECESSARY.
- KEEP WOUND DRY UNTIL SUTURES ARE REMOVED APPROXIMATELY FOURTEEN (14 DAYS) AFTER SURGERY. (YOU NEED TO HAVE APPOINTMENT FOR THIS)
- IF THE DRESSING BECOMES SOILED OR DAMP, REMOVE IT AND REPLACE WITH A STERILE DRESSING OVER INCISION,
- ELEVATE ABOVE HEART LEVEL AND APPLY ICE TO THE WOUND 30 MINUTES ON 30 MINUTES OFF WHILE AWAKE AS MUCH AS POSSIBLE FOR THE FIRST 48-72 HOURS OR ANYTIME AFTER THAT IF YOU HAVE PAIN AND SWELLING.

PAIN MANAGEMENT:

- NORCO: TAKE AS DIRECTED AS NEEDED FOR NEEDED.
- VISTARIL: THIS MEDICATION RELIEVES MUSCLE SPASM. TAKE ONE TABLET EVERY 4 HOURS AS NEEDED.

WHEN TO CALL THE OFFICE:

- DRAINAGE THAT LASTS MORE THAN TWO (2) DAYS
- INCREASED REDNESS.
- SEVERE PAIN THAT LASTS OVER TWO (2) DAYS
- CLOUDY WHITE, THICK, YELLOW OR GREENISH, FOUL SMELLING DRAINAGE
- FEVER OVER 101.5°