



Post-Operative Instructions for Carpal Tunnel Release

Call our office if you have any of the following:

- Fever over 101 degrees.
- Yellow, green or foul smelling drainage
- A large red area around the incisions.

Dressings/Bandages:

- Leave your dressing intact until your follow up visit. A splint has been placed to minimize movement and stress to the incision site. Keep the bandage clean and dry.

Medication:

- Take your regular medications as prescribed.
- You have been given a prescription for pain medication. Please take according to the instructions. When your pain becomes minimal, please discontinue the pain medication.
- Some pain medications contain Tylenol. DO NOT take additional Tylenol without discussing with your surgeon. This can lead to liver failure.
- Do not drive or drink alcohol while you are on narcotic pain medication.

Activity

- Minimize activity on the day of surgery.
- Elevate the surgical hand and apply an ice pack every hour for 20 minutes for 24 hours. After that, elevate and apply ice 2-3 times/day until the swelling goes down. Do NOT use heat.
- You are encouraged to move fingers, elbow and shoulder often.
- Avoid lifting, pushing, or pulling any object greater than 5 pounds.
- Avoid driving until you are no longer on pain medication

Diet:

- Resume your regular diet. Drink plenty of fluids. Avoid alcohol and smoking.

Your Post-op Appointment:

- Should be scheduled for 5-7 days after surgery. Your sutures will be removed on this visit. Call 936-560-2990 if you do not have a follow up appointment