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Orthopedic Surgery

www.orthoweekendwarrior.com

CARPAL TUNNEL POST OPERATIVE INSTRUCTIONS

1 ACTIVITY

Keep wrist elevated above heart as much as possible for the first 24 hours then as needed
Move fingers gently, perform gentle range of motion of the elbow and shoulder
Avoid firm grasp or significant pressure on the wrist for approximately 4 weeks

2 INCISION CARE

Keep dressing and splint clean and dry at least until the first post op visit.
Use ice to incision area 20 minutes on, 20 minutes off 3 times per day for the first 48 hours, then as needed
Wrap in plastic or place in plastic bag for showering
Contact us if you have a severe increase in pain, notice large drainage or bleeding on the dressing, develop a temperature above 101.5 degrees, or have increased numbness in the hand or arm

3 PAIN

Most patients do not have severe pain after carpal tunnel surgery
A prescription pain medication will be given to use as needed which should be enough until the first post op visit.

4 FOLLOWUP

Please contact the office for a return appointment in approximately 1 week
Any questions or concerns, please contact our office. We want happy patients!

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