

## CARPAL TUNNEL RELEASE

### Discharge Instructions

**Please Note:** These are guidelines and helpful suggestions for your postoperative recovery period. Everyone progresses at their own pace postoperatively.

- **Medications:**
  1. Resume all previous medications unless instructed otherwise.
  2. Take pain medication as directed.
  3. Wean off of narcotic-based pain medications as tolerated.
  4. Do not drive while taking narcotic-based pain medication.
  
- **Activities:**
  1. No lifting, pushing, or pulling with hand that was operated on.
  2. Keep your hand elevated above the level of your heart for 3 days.
  3. Wiggle your fingers frequently.
  4. Keep your incision area clean and dry until your sutures are removed in approximately 10-12 days.
  5. If you had general anesthesia, you may feel fatigue for the first several weeks after surgery. This is normal. Taking frequent naps is recommended.
  6. For exercise during the first couple of weeks, go for frequent short walks only.
  7. You may drive the next day after surgery, but not while taking narcotic-based pain medications.
  8. Your activity restrictions will be reviewed at your first postoperative visit in about 12 days.
  
- **Diet:**
  1. Resume your regular diet.
  
- **Wound Care:**
  1. Keep your bandage on for 3-4 days.
  2. Keep the incision area clean and dry until your sutures are removed in approximately 10-12 days. Do not peel off the scabs.
  3. Do not submerge the incision in water, e.g., bathtub, hot tub, or swimming pool for 3-4 weeks.
  4. Wrap your hand in a waterproof bag for taking showers until the sutures are removed.
  5. There may be some numbness around the incision, which is normal and will improve.
  6. Please call the office if you notice excessive swelling, redness, heat or drainage around or from your incision, if your incision opens, or if you develop a fever >100.5.
  
- **Special Instructions:**
  1. Please call the office when you get home from the hospital to schedule a follow-up appointment at 503-546-3503.
  2. Please call the office if you have any questions or concerns, or if an emergency arises.
  3. Please contact your pharmacy for medication refills. Refills will only be done during normal business hours; weekdays from 8:30-5:00. Please give at least 48 hours notice for refill requests. Requests may be faxed to 503-546-3507.