



ADVANCED
ORTHOPAEDIC
SPECIALISTS

Post-Operative Instructions **Carpal Tunnel Release**

Surgical Dressing:

1. A sterile operative dressing has been applied to your hand. If possible, we prefer that it not be altered or changed until you return to clinic for follow-up. I would, however, rather it be clean. So, if it comes loose, soiled, or dirty then it may be changed.
2. Occasionally, some drainage may be seen through the bandage. If is alarming to you or seems excessive, please call us.
3. We take care in trying to ensure that the dressing is tight enough to stay on but not too tight to cause pain or discomfort. If you feel as though the outer ace bandage is too tight, then you may remove it and reapply it more loosely.
4. In order to shower, please cover the bandage with plastic bag or something similar to keep it dry

Diet:

As tolerated you may resume a normal diet at your own pace. We advise though that the day of surgery you avoid any heavy meals. Our recommendation is that you begin with a liquid diet the day of surgery, and advance as tolerated. It is not uncommon to have nausea after the surgery because of the pain medicine and anesthetics used during your surgery, so be careful with what you eat and go slowly.

Use of your hand and restrictions:

I encourage you to use your hand for simple tasks in order to decrease swelling and prevent stiffness of your fingers. However, I do not want you to lift, push, pull, or grasp anything heavier than a coffee cup until instructed otherwise.

Elevation and Ice:

It is critical to both your pain control and ultimately your outcome that swelling beneath the surgical site be controlled and limited as much as possible. Therefore, you need to keep your hand elevated, fingers toward the ceiling and higher than your heart if possible for the first 48 hours, then, whenever possible. You may apply ice packs as tolerated to your hand and wrist but keep the dressing dry. I generally recommend 1 hour on, 1 hour off with the ice.

Medications:

Patients' medication requirements vary after surgery. You have given medications for pain, nausea, and constipation prevention. Take the pain medicine if you need it, if you take it, take the stool softener as instructed. Take the nausea medicine if you need it.

Numbing medicine has been placed in your hand during your surgery. Additionally, a nerve block may have been performed by the anesthesiologist. It is normal to have some level of discomfort after any surgery. If you have no pain or minimal pain, then it likely means the numbing medicines are working. It is important that you take pain medicine as the numbing medicine starts to wear off, this will prevent you from having extreme pain once it's worn off completely. If you are awake and alert, take one pain pill every 4 hours until the numbing medicines have worn completely off. Do not take the medicines if you are excessively drowsy. This helps prevent the pain from "piling up" and will significantly limit the amount of pain medicine you require in the following days.

If you have any allergies, or develop any adverse reactions to any of the medicines prescribed for you DO NOT TAKE THEM. Call and adjustments can be made.

The medicine you have been prescribed for pain likely has Tylenol in it--DO NOT TAKE ADDITIONAL TYLENOL. I advise you to talk with your pharmacist regarding potential drug interactions with other medications you are taking.

Concerns:

It is common to have a low-grade fever for the first 24-48 hours after any surgery. If you have a fever that does not respond to Tylenol or that is >100.5 you should call. If you have any other signs of symptoms of infection you should call. While the risk of blood clots is very low following shoulder surgery, we still recommend that you ambulate as normally as possible immediately. Also, we encourage you to do ankle pump exercises while in bed for the first few days following surgery. Of course, if you have any questions or concerns, I would rather you call than worry.

Follow-Up:

In general, you should be seen in clinic approximately 2 weeks following surgery. Your appointment is likely already scheduled for you. If you have questions regarding your follow-up appointment, or to schedule one, please call the clinic.