

Carpal Tunnel Post-Operative Instructions

ACTIVITIES: You may feel dizzy and/or sleep for several hours after the procedure. Do not drive, operate any heavy equipment, sign an important papers, or make any significant decisions until tomorrow and these sensations have completely cleared.

- Avoid gripping objects tightly or lifting with your affected arm
- Wear your splint as directed by your doctor
- Use an ice pack to reduce swelling
- Keep your arm elevated for 24-48 hours after surgery
- Keep the ice pack in place for 20 minutes, then off for 20 minutes. Make sure there is cloth between the skin and the ice so that there is no immediate contact.
- Repeat as necessary

MEDICATIONS: A prescription will most likely be given when you are discharged from day surgery. Please use this medication for pain as needed. It is common for Tylenol to be a component of prescribed pain medication. Be cautious when taking your pain medication with a snack to help decrease stomach irritation. Do not drive or drink alcohol while taking prescribed pain medication. Taking pain medication regularly may cause constipation. To avoid constipation, drink plenty of fluids and eat high fiber foods.

BANDAGES: Please refer to your discharge information for your bandage instructions.

BATHING: Please refer to your discharge information for bathing guidelines.

CALL 911 OR SEEK MEDICAL ATTENTION IMMEDIATELY:

- Chest Pain
- Shortness of Breath
- Severe Nausea
- Coughing up blood