

MINNEAPOLIS ORTHOPAEDICS

Advanced skills and experience for the results you deserve

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HOME CARE AFTER CARPAL TUNNEL RELEASE

Wound Care:

- 1) After 3 days remove the dressing.
- 2) Keep a bandage on the wound and change it every 2 days until there is no longer drainage. Some drainage may persist for up to 2 weeks from surgery.
- 3) Apply ice to wrist for 20 minutes 3 times per day for 2 weeks.
- 4) Keep the wound dry until the stitches are removed.
- 5) Call the office if you develop any of the following:
 - Temperature over 101 degrees
 - Large amount of bleeding from incision
 - Significantly increased redness, pain, numbness, or swelling
 - Thick, yellow, or foul smelling drainage from incision

Exercises:

- 1) Perform each directed exercise 2-3 times per day. Do 10-15 repetitions per exercise. Ice your wrist after exercises.
- 2) No lifting more than 5 lbs with your operated hand for **6 weeks**.
- 3) You should avoid gripping activities and repetitive activities with your operated hand for **6 weeks**.
- 4) Physical Therapy may be a part of your rehabilitation. PT will be arranged when you return for your 2 week post-op appointment if necessary.

Pain:

- 1) A prescription pain medication will be given to you before you leave the hospital.
- 2) Take 2 aspirin each day for 1 month (unless you are allergic to aspirin or have been directed by another doctor not to take aspirin).
- 3) If you need additional pain medication call the office during office hours.
- 4) Some discomfort in the wrist is expected for up to 6 weeks. Swelling in the operated wrist and hand is often noticeable for up to 3 months.

General Directions:

- 1) Please contact the office, during office hours, to set up your 2 week post-op appointment.
- 2) Keep your arm elevated above the level of your heart as much as possible for the first 48 hours after surgery to help decrease swelling.
- 3) If you have any questions, concerns, or are unsure of your appointment times call the office during office hours.