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.