



Carpal Tunnel Release and Trigger Finger POST-OP INSTRUCTIONS

ACTIVITY

1. When you get home you will need to rest frequently. You may walk around the house as tolerated.
2. Every 2-3 hours take deep breaths to expand your lungs.
3. Avoid picking anything up greater than 1-2 lbs the first week. The doctor will advise you when you can start lifting anything heavier.
4. Do not exercise or do any housework until the doctor says you may do so.
5. You may not drive while you are taking pain medication. After that it will depend on your ability to handle a car without causing any discomfort. You should wear your seatbelt at all times.
6. No smoking or being around smoke at least the first 4 weeks after your surgery. This will interfere with your healing.

DIET

1. Eat light the first 24 hours, clear liquids advancing to a regular diet as tolerated.
2. If you have persistent nausea stick to a bland diet until it subsides.
3. The pain medicine may cause constipation. Drink plenty of fluids. You may take any over the counter laxative as needed.

DRESSINGS

1. You will have dressings and an ace wrap on your hand/wrist. You do not need to change them.
2. It is normal to see dried bloody drainage on the dressings.
3. It is normal to have numbness over the surgical sites.
4. Your fingers and hands should remain warm to touch, pink, and it is not unusual to feel tingling and/or a numbing sensation.
5. Do not use a heating pad around the surgical sites. It could cause a burn.
6. * Ice operative areas (20 minutes every hour)- not directly on the skin, ice over dressing or washcloth
7. You may shower but dressings must remain dry and intact.
8. Some swelling is normal. You may elevate your arms above the level of your heart by using pillows to prop them up. This will help to decrease swelling.

MEDICATIONS

1. Take your antibiotic until it is completed.
2. If the pain medication is a narcotic it should be taken as prescribed. Do not take any Tylenol while on pain medication. The medication we prescribe may already have Tylenol in it.
3. Do not drink alcohol or drive a car while taking pain medication.
4. The pain medication may cause nausea and should be taken with food at each dose.
5. You may resume your regular medication after your surgery except for Vitamin E and Ibuprofen (wait at least 5 days post-op).
6. If you are on aspirin or Coumadin check with our doctor as to when you can resume.



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POST-OP INSTRUCTIONS**

CALL THE OFFICE AT (814) 849-6591 IF YOU HAVE:

1. A temperature greater than 101 degrees.
2. Excessive bleeding saturating the dressings.
3. A sudden increase in drainage, pain, or swelling at the incision site or the surrounding area.
4. If you have persistent vomiting, have a pharmacy number so a script can be called in.
5. Any questions regarding your care.

IF YOU HAVE A LIFE THREATENING EMERGENCY CALL 911 AND GO TO THE CLOSEST HOSPITAL EMERGENCY DEPARTMENT.