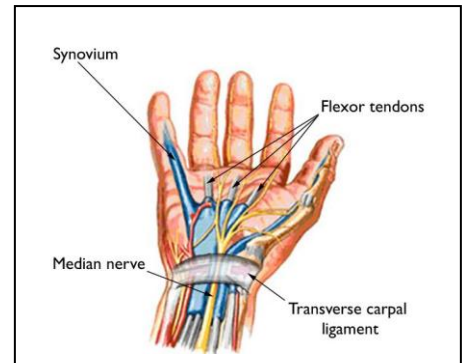




## **CARPAL TUNNEL POST-OPERATIVE** **INSTRUCTIONS**



### **What to expect after surgery:**

- Swelling and stiffness are to be expected
- Pain is to be expected. Take your medication as directed
- Weakness from surgery. Your body is using energy to try and heal after surgery

### **Wrist and Splint precautions:**

- Wear your protective splint as directed by your physician
- Absolute non-weight bearing to the surgical wrist and upper extremity
- Keep the splint and dressing clean and dry
- You can work on finger motion
- Do not remove your splint

### **Driving:**

- No driving until you have been released by your physician.
- DO NOT drive while taking any kind of pain medication or muscle relaxers
- You may be a passenger in a car

### **Incision Care:**

- There will be a dressing and splint placed over your wrist after surgery.
- Do not remove the splint or dressing
- Keep the splint covered when showering

### **NO smoking:**

- DO NOT smoke as it does delay the healing process and drastically increased your risk of infection

### **WORK:**

- Your physician will determine this for you and instruct you when you may return

### **MEDICATION:**

- You may resume your regular medications unless otherwise advised by hospital or physician
- You may take Tylenol or Ibuprofen. Please take this as directed.
- Do not take pain medicine on empty stomach
- Do not drink while taking pain medication
- Once your pain starts to decrease you may switch to just Tylenol then no medication at all

### **Follow-up Appointment:**

- The hospital should make your follow up appointment for you. If they do not do this for you then you may call our office at 931-815-2663 for your appointment.

### **Call our office at any time if you have problems such as:**

- A fever that persist over 6 hours
- Side effects from your pain medication such as: vomiting, rash, chills, fever, or burning in your stomach
- Increased swelling or redness of the incision

- Drainage or separation of your incision

**Go to the nearest emergency room if:**

- You become short of breath
- Have chest pain
- Cough up blood