



Pinnacle Orthopaedics Carpal/Cubital Tunnel Release Discharge Instructions

General Anesthesia

- Do not drive or operate machinery for at least 24 hours
- Do not consume alcohol, tranquilizers, sleeping medications, or any non-prescribed medication for at least 48 hours
- You may need someone to go home with you tonight.

Activity

- You are advised to go directly home from the hospital. Restrict your activities and rest for the day. Resume light to normal activity tomorrow.
- Move your fingers as instructed to minimize scar tissue.
- Splint per Protocol - Velcro splint to be used 24/7 other than shower time.

Fluids and Diet

- Begin with clear liquids, bullion, dry toast, soda crackers. If not nauseated, you may go to a regular diet when you desire.
- Greasy and spicy foods are not advised for today.

Medications

- Take over the counter medications such as Tylenol, Motrin, Aleve (unless contra-indicated) to help reduce postoperative pain and swelling
- Do not drink alcohol or drive when you are taking these medications
- You may resume your daily prescription medication schedule

Operative site/ Procedure

- Keep dressing clean and dry
- May remove dressings in 2 days and then re-dress with bandaids after showering and replace splint to the wrist.
- May wash over the incision with soap and water in the shower in 2 days.
- NO BATHS, NO SOAKS, NO HOT TUBS!!, place a new bandage/bandaid over the operative site after showering.

Extremities: Arms, Hands, Legs and Feet

- Keep operative extremity elevated as much as possible to lessen swelling and discomfort
- Ice to operative site
- Non-weight bearing to the operative extremity

Normal signs/ Symptoms post procedure

- "Feelings" of tiredness/mild disorientation
- "Feelings" of nausea or lack of appetite may also experience some minor episodes of vomiting
- "Feelings" of soreness/discomfort/pain, which should be relieved by medication
- "Feelings" of numbness or tingling may last for an acceptable period, depending on your surgical procedure
- "Normal" to have small amounts of drainage at the incision site
- "Normal" for the operative site to appear slightly swollen and pink.

Please contact Pinnacle Orthopaedics, (931) 815-2663, if you experience a temperature of 101 degrees, chills, nausea, vomiting, increased redness at the surgical site, swelling of the extremity, excessive drainage, increased pain, or sudden shortness of breath. FOR AN EMERGENCY, CALL 911 OR GO TO THE ER!

I have received a copy of these discharge instructions

Patient/Responsible Adult Signature: _____