



ADVANTAGE ORTHOPAEDICS, P.C.

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POST-OPERATIVE INSTRUCTIONS

CARPAL TUNNEL RELEASE

1. Remove the dressing/splint on post-op day #5.
2. Apply a large Band-Aid to the wound if there is any drainage. Do not use bacitracin or other ointments under the bandage.
3. You may shower on postoperative day #1; however, do not get the wound wet. Cover the hand with a plastic bag and tape. Keep the wound dry at all times, until your sutures are removed by the doctor.
4. Keep your hand elevated to minimize swelling as much as possible the first two days and then as necessary.
5. Use the hand as little as possible to minimize swelling and discomfort.
6. Exercises to be performed 2-3 times daily:
Gentle range of motion of the hand: active opening and closing.
7. Please call the office to schedule a follow-up appointment 7 – 10 days post-operatively.
8. If you develop a fever (101.5), redness or drainage from the surgical incision site, please call our office to arrange for an evaluation.
9. Enclosed is a prescription for you to use post-operatively. Vicoden or Tylenol #3 are narcotics, and are to be used on an “as needed” basis for pain. You may experience nausea with these medications so take them with a small amount of food.

If you have any questions, please feel free to call our office.