PATIENT GUIDE

# After Carpal Tunnel Release

Carpal Tunnel Release

## D — DRESSING & INCISION

- Keep the postoperative dressing in place until your follow-up unless your surgeon gives different instructions.
- Keep the dressing and incision completely clean and dry. Cover it securely for bathing.
- Do not place creams, ointments, or powders under the dressing.

## Rx — PAIN MEDICATION

- Use Percocet (narcotic) only as prescribed for strong pain.
- Use the prescribed NSAID for moderate or milder pain. Take it with food unless told otherwise.
- Do not drive, drink alcohol, or make important decisions while taking Percocet. Do not add extra acetaminophen unless your clinician approves it.

## ROM — GENTLE MOTION

- Begin gentle finger motion right away: fully straighten and gently bend the fingers several times each hour while awake.
- Begin gentle wrist range of motion as comfort allows unless your surgeon instructs otherwise.
- Do not force motion through sharp pain.

## H — PROTECT THE HAND

- Elevate the hand above heart level as much as possible for the first several days.
- Do not lift, push, pull, grip strongly, or lean on the palm until cleared.
- Keep the fingers warm and check that they remain pink with normal sensation.

**2W** Follow-up: Return in approximately 2 weeks for wound evaluation, suture removal, and to begin physical therapy or hand therapy as directed.

## ! Call Motion Orthopedics promptly if you have:

- Fever above 101.5 F, increasing redness, warmth, drainage, or foul odor.
- Pain or swelling that is rapidly worsening or not controlled by medication.
- New persistent numbness, color change, or unusual coldness of the operative limb.
- Chest pain, shortness of breath, or calf pain/swelling: seek urgent medical care.

**Questions? Call 212-355-5555**