

Discharge Instructions: CARPAL TUNNEL SURGERY

Activity Instructions:

- Keep the arm elevated at or above heart level for the first 2 days after surgery. You may use ice on the hand. It is normal to have a burning pain in the palm of the hand.
- Try to avoid activities that involve pressure on the palm of the hand (the same motion that you might do in a push-up) for 6-10 weeks after surgery.
- Exercise your hand and fingers with a soft sponge or Nerf ball.
- You may remove the splint and dressing on the second day after surgery.
- We prefer that you not wear your wrist splint after surgery, but if you are doing some activity that involves strong bending of the wrist, it may be helpful.

Wound Instructions:

- After the splint is removed, you may wash the hand and get the incision wet. Do not bathe/soak. Please dry the area after showering.
- After the skin is closed (about 10 days after surgery) you may rub Vitamin E oil on the incision to reduce the scar.
- Stitches should be removed 10-14 days after surgery.

Medication Instructions:

- You will be given prescriptions for pain medication at the time of discharge. Please contact our office for refill authorizations.
- **PLEASE GIVE 48 HOURS NOTICE FOR ALL REFILL REQUESTS. ALSO NOTE WE DO NOT TAKE PRESCRIPTION CALLS ON WEEKENDS OR HOLIDAYS.**
- Narcotics can cause constipation. You may need to take an over-the-counter stool softener or laxative. Drink plenty of fluids and eat a high fiber diet.

Instructions on when to call:

- Please call our office at 801-387-6520 if you develop any of the following (office hours are Monday-Thursday, 9:00 a.m. to 5:00 p.m. and Friday from 9:00 a.m. to 4:00 p.m.):
 - Fever (over 101.5°), chills, or sweats.
 - A purulent (pus) discharge from your incision. (A small amount of puffiness and numbness around the area of the incision is normal.)
 - New pain or weakness that began after you left the hospital.
 - Excessive swelling or difficulty breathing and swallowing.

Call our office if you do not already have a follow up appointment scheduled. This appointment should be 2-3 weeks after surgery.

In case of an emergency after business hours, please contact me at the phone number given to you at the time of discharge OR go to the nearest emergency room.