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**Diplomate American Board of Plastic Surgery, Diplomate American Board of Surgery**

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*General Surgery, Reconstructive Surgery, Aesthetic Surgery, Plastic and Hand Surgery*

## **Carpal Tunnel Post-Operative Instructions**

### **Overview**

In carpal tunnel syndrome, a nerve in the wrist is compressed and irritated. This causes numbness and pain in the fingers and hand. Carpal tunnel release eases the compression of the nerve. Here are instructions that will help you care for your arm and wrist when you are at home.

### **Home Care**

- Don't grip objects tightly or lift with your affected arm.
- Wear your bandage, splint, or cast as directed by your doctor.
- Always keep the dressing, splint, or cast dry and clean.
- When showering, cover your hand and wrist with a plastic bag and use tape or rubber bands to keep the dressing, splint, or cast dry. Shower as needed.
- Use an ice pack, bag of frozen peas, or something similar to wrap in a thin towel on your wrist. Use it to reduce swelling for the first 48 hours. Leave the ice pack on for 20 minutes, and then take it off for 20 minutes. Repeat as needed.
- Keep your arm elevated above your heart for 24 to 48 hours after surgery.
- Do the exercises you learned in the hospital, or as instructed by your doctor.
- Take pain medicine as prescribed and directed by Dr. Tran.
- Don't drive until your doctor gives you clearance. Never drive while you are taking opioid pain medicine.
- Ask your doctor when you can return to work. If your job requires heavy lifting, you may NOT be able to begin working again for several weeks.

### **Follow-up Care**

Your first visit will be within 2-3 days of the operation and will be arranged during your pre-operative appointment.

### **Possible Problems/Emergency**

If you develop any symptoms such as fevers with temperature greater than 101.5 F, chills, persistent nausea and vomiting, inability to urinate, severe pain not controlled with medications, pus drainage from the wound site, or for any acute problems or illnesses, please contact our office at 714-839-8000 between the hours of 9AM-6PM Monday-Thursday and 9AM-1PM on Friday; or you may reach us at 714-860-3588 after hours. If you are unable to reach your surgeon or a member of his staff, go to the Emergency Room closest to you.