

Elite Plastic Surgery

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Carpal Tunnel Release

Post Operative Instructions

Dressing

- Keep your dressing on and completely dry for 5 full days.
- After 5 days you remove the ace bandage and the padding underneath.
- Please be sure to keep the clear waterproof dressing on until your follow-up appointment.
- You may shower with this waterproof dressing on, but do not submerge your hand.
- If the dressing comes off, please reapply with the extra dressing you were supplied with, or call our office to come in and have a new one reapplied. Exercises
- Practice making a full fist and opening your hand fully to help prevent swelling and stiffness.
- Do not lift anything over 5 pounds for the first 4 weeks post-operatively.
- You may immediately use your hand and fingers for light activities like driving, using utensils, and holding the phone.

Elevation

- Keep your hand elevated at or above the level of your heart for 2 days after surgery to prevent swelling.
- When standing, hold your hand at shoulder level.
- When sitting, rest your elbow on several pillows or a padded surface at the level of your heart.
- When sleeping, keep a few pillows underneath your arm.

Pain

- It's not unusual to experience more numbness in the hand after surgery due to the anesthesia, this will typically resolve within 24 hours.
- You may also take Tylenol or Ibuprofen as needed for mild pain.
- If you need stronger pain relief you may take the prescription pain medication.

IN CASE OF EMERGENCY

- In case of any emergency, please contact the office at 480-291-6895 or call 911 immediately. If your emergency occurs after business hours, the on-call physician will assist you. The after hours line is for emergency only. Non-emergency questions for your surgeon should be addressed during your postoperative visits.