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## **CARPAL TUNNEL SURGERY**

### Post Operative Instructions

#### **What You Should Expect....**

- For several days your hand may throb if it is not elevated
- Gently moving fingers and wrist will help to prevent stiffness
- You will have stitches that will be removed in 14 days

#### **Following Surgery....**

- Your hand must stay dry for 14 days.
- Keep incision covered at all times with dry gauze dressing.
- Do not apply ointments or creams to the incision.
- Do not put pressure on wrist or lift with affected hand.
- Taking two ibuprofen (Advil®) every four hours will help with pain control.
- You may drive after one day.
- Keep your hand elevated on pillows for first 24-72 hours to decrease the swelling and discomfort.

#### **You Should Call the Office If.....**

- There is redness or swelling of incision
- There is more than a small amount of blood tinged drainage, or drainage appears to have pus (infection)
- Temperature greater than 101.5°