



**Spineandbraingroup.com**

**715-843-1000**

**Postop Instructions for our Carpal Tunnel Patients**

We appreciate that you have permitted us to provide your surgical care. Taking care of yourself after surgery is a key part of your recovery. This information is for our patients who have undergone carpal tunnel surgery. This information sheet is a general guideline to postoperative care, and we may provide you different or additional instructions as needed for you.

**FIRST THREE DAYS**

If you have carpal tunnel surgery, surgery will be done on your wrist. You may have had your wrist placed in a splint with an ACE wrap over the splint. Your ability to use your hand will be limited especially when the bandage or splint is in place.

It is important to keep your hand or elbow elevated as much as possible. Keep your hand and arm above the level of your heart while sitting, lying, and walking. If you are laying down or sitting, consider propping your hand and arm up on pillows. We may have provided you with a sling to help support the weight of your hand for when you are up and you can wear this if you find it helpful. When you are up you can wear the sling to help support your hand and wrist.

Keep the shoulder and the part of your arm that is not bandaged as mobile as possible and move your shoulder through its complete range of motion several times a day to prevent it from getting stiff.

You may shower or bathe with the wrap/splint on. You can just avoid getting water on the splint and ACE wrap or if you wish you may placing a plastic bag over the entire hand/arm and seal it with a rubber band or similar closure.

**DAY THREE AND AFTER**

Remove the wrap or splint on the third day after surgery. A few small spots of blood on the dressing are normal. You may keep the wound covered with a simple dressing if you wish, such as a Band-Aid style dressing. Supplies can be obtained at the local drug store. If you keep the wound uncovered, avoid getting it dirty. Don't pick or scratch at the wound.

While showering you can leave the wound open to air. Let the water bounce off the incision then blot the wound dry with a towel. Do not submerge your wound in water (no baths, no hot tubs) until instructed to do so. Do not scrub the wound with a washcloth or towel.

Avoid lifting objects greater than ten pounds or performing significant, repetitive use of the operated hand/arm. Activity guidelines will be further discussed at your first follow up visit.

## **PAIN MANAGEMENT**

Some pain can be expected after surgery, and you may be given pain medication for this at discharge.

Take your pain medication as directed. Do not take pain medications with alcohol or with illicit drugs. Pain medication can cause side effects such as nausea, vomiting, and especially constipation.

To minimize the likelihood of constipation, take the pain medications only when you need them for pain relief, and try to stay adequately hydrated and include foods with fiber in your diet, or fiber supplements. If there is an over-the-counter medication you have taken in the past for constipation, please feel free to try this. If your symptoms do not improve, you can consider talking to your local pharmacist for advice for other over-the-counter treatments, or your primary care provider, or contact us.

If you need a refill, please contact our office during regular business hours. Contact us 24-48 hours before you run out of your medication because this will give us adequate time to provide you with a refill. Prescription requests cannot be filled on the weekend. If a request is made on a Friday, this may not be available until the following week

## **DRIVING**

Do not drive while under the effect of pain medication. The incision in your wrist may impair your ability to operate your vehicle. If you feel it is unsafe to drive, have someone else drive for you. You need to use your best judgment in this regard.

## **FOLLOW-UP CARE**

You will be seen in our clinic 10-14 days after surgery. Our office usually makes this appointment for you but if you leave the hospital without one, please contact our office to schedule this. If your appointment is already scheduled, please call the office to verify the time, date, and location since we have several office locations.

Call if you have other questions, or concerns. We would rather know how you are doing, and try to answer your questions or concerns, than have you be uncertain or worried about how you are doing.

If you experience emergent or urgent conditions call 911. Otherwise, please contact us at 715-843-1000 or through the patient portal at [spineandbraingroup.com](http://spineandbraingroup.com). Our office hours are Monday-Friday 8 a.m. to 5 p.m. If you call after hours you will automatically be connected to our paging service.

We hope this information is helpful and thank you once again for allowing us to provide your surgical care.