



Carpal Tunnel Release

Discharge Instructions

Comfort

- Discomfort increases 24-48 hours after surgery due to the injected numbing medication wearing off. This can be helped by oral pain medication. It is safe and normal.
- Cold therapy – Ice will reduce pain and will help with swelling.
 - You may remove the ACE wrap temporarily to apply ice if you wish, but rewrap it afterward.
 - The deeper cotton bandages should be kept in place until your first post op appointment

Medication

- For anticoagulation – you **MUST** take one 81mg aspirin daily for the first two weeks to help prevent blood clots. This is the only mandatory medication.
- For nausea – Zofran (ondansetron) as needed.
- For constipation – over the counter remedies such as Colace or Miralax as needed. Both the anesthesia and the pain medication can cause constipation.
- For pain-- A narcotic pain medication will be prescribed for you if it is deemed safe with your history and allergies. Try to manage your pain with ice and Tylenol and use the narcotic sparingly. Some patients find they do not need the narcotic at all. Common side effects such constipation, nausea and cognitive impairment may occur. Tylenol can be used as a step-down medication and is recommended as soon as possible. It is very common to use the pain medication at night to help sleep better.

Activity

- Please keep your arm elevated above the level of your heart whenever possible to help with pain and swelling.
- Generally take it easy over the next several days. It is normal to feel fatigued. Allow your body time to recuperate.
- We suggest ankle pumps and circles when seated/laying for any period of time to help lower extremity circulation.
 - Do not sit for more than 30-45 minutes at one time to help prevent blood clots in your lower extremities.
- Driving – We want you to be safe and comfortable when you return to driving. We will discuss this more in the office. At a minimum, no driving until you have stopped taking the narcotic.

Wound Care

- Your incisions are covered by several absorbent pads, gauze, a white cotton bandage, and an ACE wrap. Please leave this in place for at least one-week post-op.
 - Do not get the bandages wet the first week after surgery—so this means using a bag over the limb for showering, holding it out of the shower, etc.
 - If the ACE wrap feels too tight, you can loosen it and rewrap it, but please leave the white dressing and other bandages in place until 1-week post-op.
 - The bandages were applied under sterile conditions in the OR, and we want to avoid bacteria near the incision.
- After 1 week, you can take off the bandages to check on the incision. Keep the surgical incisions clean, dry, and covered. If you have any concerns about the incision (redness, draining, swelling, pain), you can call us and send a picture to info@genesisortho.com



Diet

- You may eat anything you like, but it's advisable to choose light, easily digestible foods and to drink plenty of water the day after surgery. Some people experience nausea as a temporary reaction to anesthesia.

Call your physician if:

- You notice drainage coming through the dressing.
- You develop a temperature over 100.3 degrees. • You have persistent pain and / or swelling in your calf.
- You have any questions or concerns. We are happy to talk to you at any time! If it is after hours, our answering service will page the PA on call and he or she will get in touch with you.

Recovery timeline

- 0-2 weeks
 - Keep wound clean and dry, no soaking wound
 - Reduce swelling in hand and fingers by working on active finger flexion and extension. Can use opposite hand to passively flex the fingers into the palm if necessary. Repeat 5-6x/day
 - Shoulder range of motion in all directions
 - Elbow range of motion in all directions
 - Wrist range of motion after 3 days post-op
- 3-6 weeks
 - Compression glove if needed
 - Scar massage after sutures are removed at first post-op
 - Continue all finger, shoulder, elbow exercises. Continue progressive wrist range of motion to achieve full wrist motion by 6 weeks
 - Initiate gentle hand strengthening by squeezing rubber ball, silly putty or stress ball
 - No pushing off with operative hand, no vibrating tools, no repetitive overuse of operative hand
- 7-12 weeks
 - Maintain full ROM of wrist and fingers
 - Continue hand strengthening with squeeze ball or hand exercises
 - Begin wrist flexion curls and wrist extension curls
 - No pushing off with operative hand, no vibrating tools, no repetitive overuse of operative hand