

Carpal Tunnel Release Post-Operative Instructions

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Call our office if you have any of the following:

- Fever over 101 degrees.
- Yellow, green, or foul-smelling drainage
- A large red area around the incisions.
- You suspect an allergic reaction to medications or dressing materials. This could be shortness of breath, a rash or redness, hives, etc.

Dressing/Bandage Care:

- Keep the splint clean and dry.
- Elevate the hand and apply ice.
- Use instant hand sanitizer to clean the fingers.
- Move fingers as much as possible.
- One week after the surgery remove the splint and all the dressings and apply a large Band-Aid to the incision. Running water over the incision is fine at this point but do not immerse or soak your hand.
- Your sutures will be removed at a 2-week post-operative visit with a Physician Assistant.
- At four weeks after the surgery, if the incision is completely healed, start applying Vitamin E lotion to the incision several times a day and gently massage the incision. This will minimize painful scar formation.
- Some pain at the site of the incision is not uncommon for the first three months following surgery. If the pain persists beyond three months, please contact your surgeon.

Medication:

- Take your regular medications as prescribed.
- You may have been given a prescription for pain medication. Please take according to the instructions.
- If not taking narcotic pain medication, such as Percocet or Norco you may try Ibuprofen or Tylenol instead per bottle instructions.
- Some pain medications contain Tylenol. DO NOT take additional Tylenol without discussing with your surgeon. This can lead to liver failure.

- Do not drive or drink alcohol while you are on narcotic pain medication.
- Sometimes pain medication causes nausea. If this is severe and does not go away, call our office.
- Pain medication can cause constipation. Drink plenty of water and/or fruit juice. Take milk of magnesia if you become constipated or use a stool softener such as Dulcolax.

Diet:

- Resume your regular diet. Drink plenty of fluids but stay away from alcoholic and caffeinated fluids. Try to stay away from smoking.