

Instructions After Carpal Tunnel Release

Activity

- Elevate your hand above the level of your heart most for the time for 3 days
- You may gently straighten and bend your fingers
- You may perform light activity with your hand, such as using a keyboard or eating, as soon as comfort allows
- Avoid heavy lifting (more than 5 lbs) or repetitive activity until cleared by your surgeon
- Discuss return to work or school with your surgeon at your follow-up

Wound Care

- Keep your dressing dry, covering it when bathing
- You may remove your dressing 3 days after surgery, replacing it with band-aids

Medications

- Use the prescription(s) as given after surgery
- If the prescription(s) seems too strong, you can take acetaminophen (Tylenol) 325 to 1000 mg every 6 to 8 hours, and/or an anti-inflammatory medication such as ibuprofen (Advil or Motrin) 400 to 800 mg every 8 hours, or Aleve 220 mg every 12 hours, if allowed by your doctor

Follow-up

- Call MaineOrtho at 774-5113 after surgery to make an appointment for 7 to 10 days after surgery
- Call for an earlier appointment if you experience severe pain, swelling, redness, worsening numbness, or fever after surgery
- 24 hour coverage is available for emergencies at 774-5113