



Discharge Instructions for Carpal Tunnel Surgery

Report to physician

1. Redness or swelling of incision
2. Chills or fever GREATER THAN 101.5 (a temperature elevation in is normal within 24-72 hours after surgery).
3. Drainage or bleeding from incision lasting greater than 5 days.
4. Excessive pain or tenderness at incision site

Wound Care

1. Place ice on wrist for four hours on the day of surgery.
2. Remove ace wrap the day after surgery.
3. Wear arm sling when walking for the next three days.
4. Keep arm elevated on a pillow when sitting or lying for the next three days.
5. Remove the white gauze bandage in five days after surgery.
6. If after dressing is removed there is some drainage, cleanse incision three times daily with hydrogen peroxide and cover with a light gauze dressing.
7. It is normal to experience numbness and some incisional swelling and pain.

Activity

1. Driving: No driving of a motor vehicle for at least two weeks post-operatively. The Dr. will specify if you are to have any further driving restrictions.
2. You may resume your normal personal hygiene, using care not to get dressing or incision wet.
3. You are encouraged to use your hand in daily activity to tolerance.

Post-operative Visit

Please contact office when discharged from hospital to make a suture removal appointment for 10-14 days after surgery if one has not already been made.

Post-op Appointment Date and Time: _____

Patient Name: _____