

BRAUNLICH ORTHOPEDICS

Post-Operative Instructions: Carpal Tunnel Release

This document provides information regarding incision care, pain management, and activity following a CARPAL TUNNEL RELEASE surgery. The instructions in this document have been dictated and reviewed by Dr. Braunlich. If there are symptoms beyond what is listed, please call the office or visit the closest E.R.

Following surgery:

- Incision care
 - Patient may change dressing the day after surgery
 - Proper care for surgical incision:
 - Clean incision with rubbing alcohol everyday
 - Cover incision with bandages
 - Cover incision while showering
 - Keep incisions dry and clean

- Use of hand
 - Encourage movement of fingers and use of hand
 - Make sure to protect incision

- Surgical Site
 - Any swelling, bruising or discoloration is from the surgery and is to be expected
 - Certain amount of pain and discomfort is from the surgery and is to be expected

- Pain Management:
 - Use prescribed pain medication only as needed
 - Minimize use as pain subsides
 - Pain medication may be supplemented with over-the-counter ibuprofen if cleared by the patient's primary care provider to do so
 - Do not drive while taking narcotic pain medication