

You have just undergone a carpal tunnel release procedure. The following information is to help make your recovery as smooth and rapid as possible.

1. After any operation, a certain amount of pain is to be expected. You have been given a prescription for pain medication which should relieve most, but possibly not all, of your pain. This medication may make you drowsy, so please limit activities appropriately and do not drive or operate machinery while taking narcotic pain medicine.
2. Keep the arm elevated above the level of your heart at all times. This will diminish the pain and swelling you'll experience.
3. _____ If instructed, please leave your dressing in place and keep it clean, dry, and intact, until you are seen in follow up.
4. _____ If instructed, please remove your dressing, and place a band aid over it, in 48 to 72 hours.
5. You may shower by covering your arm using a plastic bag (i.e., newspaper bag) and securing it with tape or rubber bands. If your dressing becomes wet, please remove it and cover the wound with a Band-Aid.
6. Please call your doctor's office, listed below, the day after your surgery to schedule a postoperative visit, if you did not receive one prior to your surgery. The sutures will be removed approximately 10 to 14 days after surgery.
7. You may be asked to see a hand therapist to optimize your functional results. It is important to comply with any therapeutic program to maximize your functional outcome.
8. You are encouraged to move your fingers, as this will decrease stiffness and aid in decreasing fluid accumulation.
9. Previously experienced night symptoms of pain and numbness may improve within the first week after surgery if your nerve is viable. It may take six to nine months for a full recovery of your carpal tunnel syndrome, and patients with chronic damage to the carpal tunnel may not regain normal sensation in the fingers.
10. It is normal to see minor staining on the dressing after surgery. If there is significant bleeding, call you doctor's office below. If this is after hours and urgent please call (860) 679-2000 or 2626 and ask for the Orthopaedic resident on call.

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