

## Dr. Biswas' Instructions following Carpal Tunnel Surgery

### 1. REST, ICE, AND ELEVATION

Remain generally at rest. Elevate your hand higher than your heart for the first 48 hours. Dressing must be kept clean and dry. You may use ice over the dressing site for the first 48 hours. Range of motion of the fingers is important and will also help decrease the swelling. Swelling in the fingers is common after upper extremity surgery. Elevation and range of motion of the fingers will improve the swelling.

### 2. MEDICATION

**Take the following medication as directed:**

- Prescribed narcotic every 4-6 hours for pain. You may take Naproxen, 2 hours after the narcotic if you are still in pain.
- Zofran every 8 hours as needed for nausea.

**Do not take Tylenol with the Percocet.**

#### **Pain Medication Tips:**

- Do not drive while taking pain medications.
- Do not drink alcoholic beverages while taking pain medications.
- Pain medication should be taken with food as this will help prevent any stomach upset.
- Often pain medications will cause constipation. Eat high fiber foods and increase your fluid intake if possible.
- To alleviate constipation, purchase a stool softener at any pharmacy and follow the recommended directions on the bottle.

### 3. DRESSING/SHOWERING

Slight bleeding through the dressing is common.

Please remove your dressings in 24 hours and cover the wound with a band-aid. You may shower normally at this point. Do not soak in a hot tub, pool, lake or pond as this make increase your chance of post-operative infection.

### 4. QUESTIONS/CONCERNS

Your surgeon should be contacted for any of the following symptoms:

- Fever greater than 101.5 degrees F.
- Difficulty breathing or shortness of breath, CALL 911.
- Loss of good color or coolness in the fingers.
- Severe pain unresponsive to narcotic medication.
- Excessive bleeding or vomiting.

\*Please note, numbness in the fingers for the first 24hours after surgery is to be

expected, due to the administration of local anesthesia during your surgery.

## **5. FOLLOW-UP**

Your post-operative appointment will be scheduled 10-14 days after surgery. Dr. Biswas' office will arrange this follow up for you; if you have any questions, please call us at the number listed above.

## **Results**

- Most patients who have carpal tunnel release regain full use of their hand, with full motion and return of strength within about 4 weeks after their surgery. Some pain or numbness may persist even with surgery.