



**Northwest Neurosurgical Associates, LLC**

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## **Discharge instructions for carpal tunnel surgery**

Please note: These are general guidelines and helpful suggestions for your post-operative recovery period. Everyone progresses at their own individual pace.

Medications:

- a. Resume all previous medications unless instructed otherwise.
- b. Pain medications as prescribed. Take only as needed.
- c. Muscle relaxants as prescribed. Take only as needed.
- d. NEVER DRIVE OR OPERATE MACHINERY UNDER THE INFLUENCE OF NARCOTIC PAIN RELIEVERS OR MUSCLE RELAXANTS.

Activities:

- a. Keep hand elevated above level of heart for 48 hours after surgery.
- b. No lifting, pushing, pulling, overhead lifting with hand on the surgical side.
- c. No driving while on narcotic pain medications. (approximately 1 week)
- d. Please limit extremes in range of motion of your wrist.
- e. You may wear a wrist splint to help prevent excessive use of the wrist and to protect it while you sleep.
- f. Your energy level will be decreased for a short period of time following surgery.
- g. Walking is the best exercise after surgery.

Diet:

- a. Your appetite may be decreased. It may help to eat smaller, more frequent meals.
- b. Your surgery and narcotic pain medications may cause constipation. If you need a laxative, try 1-2 tablespoons of Metamucil per day, and/or a tablespoon of milk of magnesia in the morning, drink lots of water. Remember to eat fiber, fresh vegetables, prunes, and fresh fruit.

## **Discharge instructions for carpal tunnel surgery (cont.)**

### Care of incision:

- a. Please keep dressing on for first 48 hours.
- b. Please keep the wound dry until stitches are removed at post op. Do not peel off scabs.
- c. You may shower after the surgery, but do not place the wound below water. Cover the hand with a plastic bag to keep it dry for 2 days.
- d. Do not submerge the incision in a bath tub, hot tub, or swimming pool for 2-3 weeks.
- e. Do not be surprised if redness develops around the sutures. If progressive redness or pus-like draining develops, please contact the office.
- f. Ice 15-20 minutes every 6-8 hours for 5-7 days.
- g. Unless directed, no ointments (such as Neosporin) on the incision.
- h. You may notice some numbness and swelling around your incision which is normal. This should gradually decrease.

### Additional instructions:

- a. If you have not already set up your post-operative appointment, please call the office when you get home to schedule your appointment. Your discharge paperwork should have instructions on it when you need to follow-up with your doctor's office.
- b. Medications are renewed only between the hours of 8:30 to 12:30 and 1:30pm-4:00pm, Monday thru Thursday, and 8:30am-12:30 on Friday. Please allow 2 business days for refill requests.
- c. No medications will be renewed during the weekends or after hours. No exceptions. Plan ahead.
- d. If you have any questions or concerns, please call our office at 503-885-8845.