

Moore Orthopedic Clinic Outpatient Surgery Center
Post-Operative Instructions for Carpal Tunnel Release

Dr. Frank K Noojin, III

803-296-9320 or 803-296-9200 (afterhours)

Pain: Pain medications will be prescribed for you after surgery. Please be cautious about taking Tylenol in addition to your pain medications, as your pain medications have a Tylenol component as well. You may add an anti-inflammatory, such as Advil, Aleve, or Motrin, if needed.

Shower/Bath: You may get the incisions wet in the shower 2 days after surgery. Clean the incisions with soap and water and pat them dry. After showering apply clean, dry band-aids over the sutures. Showering is okay, but NO immersion in standing water such as a bathtub, hot tub, swimming pool, lake, or ocean.

Swelling: Elevate your hand above the level of your heart for at least 3 days to reduce swelling and pain. Applying ice to the area 20 minutes of each hour while awake will decrease your pain and swelling, but be careful not to get the dressing wet.

Activity: Remove the sling once your nerve block has worn off. Use your hands as you feel comfortable. Sutures will be removed in the office in 10-14 days.

Lifting: Keep lifting to 5lbs or less in the first 4 weeks.

Driving: You may drive post-operatively as long as you have full control of the vehicle. You should do a "test" drive in your neighborhood or a parking lot first. Do not take narcotic medications if planning on driving.

Notify MD for: It is common to experience an increase in temperature after surgery for a few days. Call our office for persistent temperature greater than 101.5° F, unexpected redness, extreme swelling, or uncontrolled pain. For pain medicines, please try to call early in the day or before the weekend. After these hours, pain medication cannot be changed or refilled.

Patient Representative _____ Date _____

Nurse Signature _____ Date _____

