

Carpal Tunnel and Cubital Tunnel Release Post-op Instructions

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Instructions

- ✓ Elevate your arm for the next 48 to 72 hours and move your fingers to reduce swelling. Elevate your hand above your heart as much as possible to lessen swelling and pain. Pillows and blankets under the arm are helpful when you go to sleep. Mild to moderate pain after surgery is common.
- ✓ Discontinue the sling as soon as you feel comfortable (usually 1-2 days)
- ✓ You do not need to wear the sling at night for sleep
- ✓ You may and are encouraged to use your hand for light activities such as eating and dressing when you feel comfortable.
- ✓ You may try to bend and straighten your elbow, wrist, and fingers as tolerated 5-6 times each day to prevent stiffness.
- ✓ **Do not** lift anything heavier than a dinner plate until your follow-up appointment.
- ✓ **Do not** use the hand or wrist to push up from a chair, bed, etc.

Dressing

- ✓ Keep your dressings clean and dry. When showering or bathing, cover the involved arm with a plastic bag to ensure it's kept dry.
- ✓ AFTER 3 DAYS from surgery, you may take the outer ACE bandage down along with the dressing on the front portion of your WRIST ONLY, you may now clean the wrist with soap and water only, pat dry, and cover with Band-Aid. Change this Band-Aid once daily.
- ✓ LEAVE THE ELBOW DRESSING IN PLACE UNTIL YOUR FOLLOW-UP APPOINTMENT IN OUR OFFICE (approximately 2 weeks from surgery for suture removal). This dressing may be yellow/brown or clear. This dressing is waterproof and you may now shower with it on without covering it. DO NOT SUBMERGE LIMB IN WATER, showers only.

To reduce the risk of infection:

- o **DO NOT soak the wounds for prolonged periods until 4 weeks from surgery (ie no swimming, baths, etc).**

- o **DO NOT apply any antibiotic or other ointments, gels, or creams.**
- o **Call the office if there is persistent drainage from the surgical wounds after removal of the dressing.**

Medications

- ✓ Please take the prescribed medication as directed. Do not drive while taking narcotic pain medication. If no pain medication was prescribed or you wish to avoid taking prescription medication, you may use Tylenol or an NSAID (i.e. Motrin, Advil, Aleve). Follow the instructions for use on the bottle.

Follow-Up

- ✓ You should receive a call from our office the next business day after your surgery. We will likely schedule to see you back in the office 10-14 days following the operation. Elbow dressing and sutures will be removed by a member of our trained staff.

Additional Instructions

- ✓ Please call the office number above with any questions or concerns following surgery.

THANK YOU FOR YOUR COOPERATION DURING THIS POST-OP PERIOD!