



## **Inland Neurosurgery Institute**

BRAIN, SPINAL, STEREOTACTIC, AND MICRONEUROLOGICAL SURGERY

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### **Discharge Instructions:** **Carpal Tunnel Surgery**

#### ***General:***

- Take the pain meds given you by your physician only as needed.
- Don't drive while on narcotic pain meds *or* muscle relaxants
- Do not have any dental/surgical procedures 2 weeks before & 2 months after your surgery
- Take stool softeners, lots of fluids, high fiber foods, and fruits/vegetables to prevent constipation.
- **AVOID** gripping with the hand that was just operated on
- Wiggle the fingers for comfort
  
- Follow-up with your surgeon as indicated in your surgery packet.

#### ***Wound care:***

- Keep hand wrapping dry until removed by surgeon
- When showering, keep hand in a plastic bag to prevent soiling of wrapping
- Elevate the hand for the first two days
- When sleeping, place hand on two pillows for the first two days

#### ***Notify surgeon:***

- If your oral temperature is above 101 F
- If wound is leaking, red, or increasingly swollen