

ENDOSCOPIC CARPAL TUNNEL SURGERY 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.
- ✓ You may and are encouraged to use your hand for light activities such as eating and dressing when you feel comfortable
- ✓ **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

- ✓ Remove your dressing in 48 hours. Place a band-aid over the wound until follow-up in 10-14 days when the stitches will be removed

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

- ✓ Please make an appointment to see me back in the office at 10-14 days from surgery. The stitches will be removed at that time.

Additional instructions

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

THANK YOU FOR YOUR COOPERATION IN THE POST-OP PERIOD!