



Orthopedic Surgery & Sports Medicine

Dr. Buchan's Post Op Instructions for Carpal Tunnel Release

- ❖ Keep dressing clean and dry and in place.
- ❖ You can remove the dressing 3 days after surgery. You may then get the incision wet in the shower and to wash hands gently. No soaking under water or doing dishes for 2 weeks.
- ❖ Your incision is either glued or stitched in place. If sealed well with the glue you do not need to keep covered, if there are sutures please cover with a band aid.
- ❖ Keep affected hand elevated for 24-48 hours to avoid swelling.
- ❖ It is safe to use your fingers, you are able to write, type and drive as long as you feel comfortable.
- ❖ I do not recommend pushing/pulling/lifting greater than 2-5lbs with affected hand as this may cause increased discomfort.
- ❖ Generally, narcotics are not given for this procedure. I recommend taking ibuprofen and Tylenol (acetaminophen) together for pain control. 400mg Ibuprofen and 1 extra strength Tylenol 500mg. This can safely be done every 6 hours.
- ❖ Ice the hand as needed 20min on and 20min off. Be careful to not get dressing wet.
- ❖ You will have a follow up appointment set up for approximately 10-14 days after surgery, this is generally done with one of our PA's for a wound check and suture removal.
- ❖ If you develop severe pain, redness, or swelling of your hand or any fever, 102 or above, **please contact our office at (850) 897-8081 or contact your local emergency room.**