

Carpal Tunnel Release Post-Operative Instructions

1. Keep your arm/wrist elevated for at least 48 hours after your surgery.
2. Do not remove dressing/splint. Keep dressing/splint clean and dry. This will be removed along with your sutures on your first post-op visit.
3. You may shower as tolerated. Keep dressing/splint dry by covering while bathing.
4. You may move and use your fingers as tolerated.
5. You will be given a prescription for pain medication and an antibiotic after your surgery. (unless there is a penicillin allergy)
6. You should be seen in the office 10-14 days after your surgery. If you do not have a post-op appointment or have any questions/problems, please call the office during regular office hours.
7. You may take Colace twice daily while on pain medication to prevent constipation.