



DISCHARGE GUIDELINES FOR CARPAL TUNNEL

Activity

- Keep your hand elevated for the first 2 days. This will help to reduce swelling and pain
- Open and close your fist several times each hour

Care of the Incision

- You should remove the dressing in 24-48 hours
- Once your dressing has been removed you may shower and get the incision wet. Soap will not harm your incision. Pat incision dry. Do not apply oils or creams to your incision unless instructed.
- Do not allow hand to soak in water (i.e. do not wash dishes or bath)

Pain Management

- If you are given a prescription for pain medication take as directed. Pain pills can cause constipation. Be sure to drink extra fluids and eat extra fruits and vegetables.

Follow up

- You will be given an appointment, or told to call for an appointment for follow-up
- Call your surgeon immediately if any problems occur before your appointment
 - 1) Your wound becomes red, swollen or starts to drain
 - 2) You have a fever, or chills
 - 3) You have an increase in pain that is not controlled by your pain medication