

Carpal Tunnel Release Post Operative Instructions

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Please contact with questions
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Secretary: Katrina Riddick
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What operation did I have?

You had a carpal tunnel release. An incision was made on the palm of your hand to relieve pressure on the median nerve.

What should I expect the day of surgery?

Your hand will be numb after surgery from the medicine injected during surgery. This will last for a few hours. After it wears off you will have pain from the incision.

You should begin your pain medication before the numbing medicine wears off. I recommend that you take the pain medication regularly for the first two days.

What medications should I be taking?

We will prescribe a pain medication for after surgery. You should plan to take this regularly for the first two days and then as needed. We will also provide a prescription for Zofran a nausea medication. You should only take this if needed, and may want to wait to fill the prescription only if needed.

Finally, you will be given a prescription for Colace a stool softener to prevent constipation. You should take this as long as you are taking pain medication.

What can I do with my arm and hand?

After your surgery there will be a splint on your hand. You should move your fingers, and work on making a fist at least five times per day. This will help prevent stiffness. You can use your hand as much as you are able to with the splint on. You cannot get the splint wet.

Can I remove the sling?

Yes, the sling is for your comfort. You should wear it for the first two days with the hand elevated to decrease swelling. After two days you may remove the sling if you like.

Can I remove the bandages?

No, the splint will stay on for two weeks until it is removed in the office. However, if the splint is feeling very tight you should loosen it or take it off. If you have to remove the splint please notify the office.

You should keep the splint clean and dry. You may cover it with a plastic bag for getting in the shower.

When should I have a return appointment?

You should return to see Dr. Carofino in 12-14 days to have your stitches removed. Please call Katrina Riddick to schedule this appointment. 757-321-3300.

Can I drive?

It is your responsibility to determine if you can safely drive. You cannot drive while you are taking narcotics.

If you develop signs of an infection such as fevers, increasing pain, redness at your incision site, pus drainage from incision you should notify our office immediately, or go the emergency department.