



Mammoth Orthopedic
Institute

Mammoth Orthopedic Institute ▪ 85 Sierra Park Road ▪ Mammoth Lakes, CA 93546 ▪ 760.924.4084

POST-OPERATIVE INSTRUCTIONS: CARPAL TUNNEL RELEASE

ACTIVITY

- You **may** use the hand and fingers as needed in the splint.

SPLINT

- Keep the splint on at all times for the first 4 days
- Four days after surgery it can be removed as well as the dressing underneath it
- When the splint is removed you may start normal activities
- When the splint is removed you may wash the hand and gently blot it dry
- While the splint is on you will need to keep it dry to shower or bathe

PAIN & INFLAMMATION

- **Ice** - Apply ice bags wrapped in a dry towel several times per day for 20 minutes for the first week and then as needed for pain relief and inflammation.
- **Elevation** - You may notice that your fingers will get swollen if your arm is hanging by your side for long periods of time, therefore keep your arm **elevated above your heart** as much as possible for the first 2 to 3 days.
- **Pain Medication**- You have been given a prescription for pain control; please take as directed.
 - If you think you will require a refill on your medication, you **MUST** do so during our regular **weekday** office hours.
 - If you need additional pain medication you may take Tylenol 500-650mg every 4-6 hours. Do not take more than 3grams or 3000mg in a 24 hour period!
 - Common side effects of the pain medication are:
 - NAUSEA: To decrease nausea, take these medications with food.
 - DROWSINESS: Do not drive a car or operate machinery.
 - ITCHING: You may take Benadryl to alleviate any itching.
 - CONSTIPATION: To decrease constipation, use the stool softener provided (Docusate 250mg) or over-the-counter remedies (Mineral Oil, Milk of Magnesia, etc). Also avoid bananas, rice, apples, toast, or yogurt...as these foods can make you constipated. Getting up and moving around also helps with constipation and "waking up" your intestinal tract.
- Anti-inflammatory medications (Aleve, Ibuprofen, Naproxen, etc.) should **not** be taken for 2 weeks after surgery.

EMERGENCIES

- Please have someone stay with you for the first 24 hours after surgery
- Please call the clinic or the orthopaedist on-call if:
 - Drainage from the incision soaks the dressings, expands, is foul-smelling; or your incisions are red, warm, and extremely painful
 - You develop a fever ($>101.5^{\circ}$) or chills.
 - You experience leg or calf pain, leg swelling, or difficulty breathing.

FOLLOW-UP CARE

- Please **schedule a follow-up visit** for suture removal, and to review your surgery 10-14 days postoperatively.
- At this visit:
 - Your wound healing will be checked
 - You will likely be allowed to resume normal activities

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE FEEL FREE TO CALL THE OFFICE (760)924-4084.