

Rochester Brain and Spine

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Discharge Instructions - Carpal Tunnel Release

- **Medication:** You may use Tylenol or Ibuprofen as needed for pain. Narcotic pain medication may be dispensed and used on an as needed basis. Prescriptions for pain medications will be provided for up to 2 weeks after surgery. *After 2 weeks, you will need to have all pain medications managed by your primary care doctor or pain management doctor.*
- **Activity/Restriction:** You will be provided with a Carter pillow [a pillow to help raise your hand up] after surgery to help with swelling and discomfort. You may stop using this 3-5 days after surgery or if you feel you no longer need it.

The day after discharge, please start exercising your hand by touching your thumb to each finger as well as opening and closing your hand 4-5 times a day.

You may begin to drive 2 weeks after surgery, provided that you feel comfortable to be behind the wheel and have weaned yourself off of the narcotic pain medications.

- **Wound Care:** You will have stitches placed in the incision that will be removed in the office at your 2 week post-op appointment. Please keep your incision covered after surgery, as your stitches may get caught on clothing. You may shower but you need to cover your incision so that it does not get wet. You may wash around the incision with a washcloth with soap and water. You may not submerge your hand in water.
- **General:** Make sure to drink plenty of fluids and use a stool softener after surgery as the pain medication may cause constipation. Make sure to stay active during the day.

Please call the office if you develop any of the following symptoms: fevers, chills, persistent nausea or vomiting, severe pain not relieved with pain medications [some pain is to be expected], any redness or drainage from the incision.