Carpal Tunnel Release (Repair)
Care After Surgery

Refer to this sheet in the next few weeks. These discharge instructions provide you with general information on caring for yourself after you leave the hospital. Your caregiver may also give you specific instructions. Your treatment has been planned according to the most current medical practices available, but unavoidable complications sometimes occur. If you have any problems or questions after discharge, please call your caregiver.

HOME CARE INSTRUCTIONS

- Have a responsible person with you for 24 hours.
- **Do not** drive a car or take public transportation for 24 hours.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver. Take them as directed.
- You may put ice on the palm side of the affected wrist.
  - Put ice in a plastic bag.
  - Place a towel between your skin and the bag.
  - Leave the ice on for 20 to 30 minutes, 4 times per day.
- If you were given a splint to keep your wrist from bending, use it as directed. It is important to wear the splint at night or as directed. Use the splint for as long as you have pain or numbness in your hand, arm, or wrist. This may take 1 to 2 months.
- Keep your hand raised (*elevated*) above the level of your heart as much as possible. This keeps swelling down and helps with discomfort.
- Change bandages (*dressings*) as directed.
- Keep the wound clean and dry.

SEEK MEDICAL CARE IF:

- You develop pain not relieved with medicines..
- You develop numbness of your hand.
- You develop bleeding from your surgical site.
- You have an oral temperature above 102° F (38.9° C).
- You develop redness or swelling of the surgical site.
- You develop new, unexplained problems.

SEEK IMMEDIATE MEDICAL CARE IF:

- You develop a rash.
- You have difficulty breathing.
- You develop any reaction or side effects to medicines given.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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