

## **ENDOSCOPIC & OPEN CARPAL TUNNEL RELEASES**

### **POST OPERATIVE INSTRUCTIONS**

1. Regular diet as tolerated.
2. Elevate your hand above the heart.
3. Remove dressings the day after surgery. Keep wound covered with a Band-Aid. Change Band-Aids if wet. Keep hand clean and dry. Do not apply ointment or cream over surgical incisions.
4. You may take a shower the day after surgery.
5. Do not drive until cleared by the office to do so.
6. Do not drink alcohol beverages or drive if you are taking prescription pain medication. Take medication with food.

Call the office if you experience:

- Fever unrelated to the flu that is greater than 101.5
- Bleeding through your dressing
- Whitening of your fingers

You may begin to experience pain in your wrist later on in the day following your surgery or the next morning. This pain is due to the anesthesia wearing off. Rest, elevation and pain medication will help your wrist to feel better.

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