

**SCOTT M. TAYLOR, M.D.**

**ORTHOPAEDIC SURGERY**

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**POST-OP INSTRUCTIONS (AFTER SURGERY) FOR  
CARPAL TUNNEL RELEASE**

1. Call the office soon to make a follow-up appointment for \_\_\_\_\_ days after surgery.
2. Keep the operated hand elevated. Use several pillows at home, or hold the hand up. The hand should be higher than the heart to help decrease swelling and pain. You may use a sling if you wish
3. Keep the dressing clean and dry. If the dressing becomes wet, call the office for instructions. Do not change the dressing unless specifically instructed. If you bathe, use a plastic bag and tape to keep the dressing dry.
4. Check the exposed fingertips for color, warmth, and refill. If the fingertips are cold, or blue, or do not refill after they are pinched, call the office immediately.
5. Depending on the type of surgery, there may be some tingling or numbness after surgery. If there is numbness which is markedly different than before surgery, or numbness which worsens or increases, call the office.
6. You may take the prescribed pain medication if needed for pain. Follow the directions on the package. If you wish, you may take acetaminophen (e.g, Tylenol) or Ibuprofen (e.g. Advil Nuprin, or Motrin) instead. Elevation of the hand usually helps relieve pain (see #2 above).
7. Do move the exposed fingers.
8. Leave the dressings on until your office appointment.
9. If something seems wrong, call the office.