

# Patient Instructions Following Carpal Tunnel Release

## Dr. S. Goekjian, Plastic Surgeon



Your follow up appointment has been booked for:

Date: \_\_\_\_\_

Location:

- Fracture Clinic (Oakville Hospital main floor)
- Office (2525 Old Bronte Road, Suite 560)

### SURGICAL SITE CARE AFTER PROCEDURE

- Keep the surgical site and any dressings in place and dry for 14 days after your procedure
- When you shower, keep all of the dressings covered with a plastic bag and an elastic band at the base so that they do not get wet.
- Do not perform any heavy lifting or hard gripping with the hand you had surgery on for 6 weeks following surgery. You may use it for light activities such as getting dressed, eating, typing, etc...
- Each day, spend at least 5 minutes three times a day making a full fist and opening the hand fully to help minimize post operative stiffness.
- Suture removal:
  - Stitches will dissolve.
  - Stitches will be removed at your follow-up appointment.

### PAIN MANAGEMENT AFTER PROCEDURE

- Keep your hand elevated when you are sitting or laying down to minimize throbbing and swelling
- The local anaesthetic (freezing) will last 4-8 hours and sometimes longer. It is a good idea to start taking an over-the-counter pain medication before it wears off.
- You may need to take Extra Strength Tylenol regularly for the first few days after your procedure, and as needed after that
  - Do not exceed a total of 4 grams of Tylenol (acetaminophen) in a 24 hour period.

### Other Instructions:

- If you notice spreading redness or drainage from the incision, you may have an infection. You should contact the office or see your family physician or attend the emergency room at the Oakville Hospital.
- Scar care: Protect the incision from the sun for at least one year to minimize permanent darkening of the scar. After two weeks, massage the incision for 1-2 minutes twice a day for 8-12 weeks to improve the scar. Any neutral, unscented moisturizer (e.g. Nivea, Vaseline Intensive Care) can be used.



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