



Post Operative Instructions for Carpal Tunnel Release

After Surgery

- After surgery you will have a bulky dressing over the incision site.
- You may remove this in the evening on the day of your surgery.
- You may move your hand at the wrist and wiggle your fingers.
- Keep your incision dry for 3 days.
- On the 10th day after surgery, you will have your first follow up appointment and your stitches will be removed at that time.
- Do not lift anything heavy, (nothing more than a full coffee cup) for 2 weeks following your surgery.
- You may not drive yourself home from the hospital but you may start driving the following day.
- You will be given a prescription for pain medication. *Do not drive while on pain medication and do not drink alcohol while on your pain medication.*
- You will need to call the office after your surgery to schedule your follow up appointment.

What to Watch For

- Fever greater than 101.5
- Excessive bleeding or drainage
- Increased redness around the incision
- Severe pain or swelling

If any of these occur, call our office at 432 580-4700.

The staff is in the office from 9am to 5pm, the answering service will answer after hours, weekends, or holidays.