



Post-operative Instructions for Endoscopic Carpal Tunnel Release

Carpal tunnel release is a successful surgery whether performed in an open or endoscopic (small incision with a camera). With endoscopic release, your incision will be over your wrist. You can progress quickly after 2 weeks of protection. Keep your incision clean and dry for 3 days, then you can wash your hands and shower normally. Do not lift over 2 pounds with the affected side for 10-14 days. After your sutures have been removed in clinic on your follow up appointment, you can gradually progress your activities as tolerated.

AFTER SURGERY:

- Please do not stop and eat a large meal on your way home, it may cause nausea and vomiting. Please start on something like ginger ale or Sprite and crackers.

PRECAUTIONS

- Please call office if you have any signs of infection such as: elevated temperature of 101 Degrees or higher, chills, productive cough, redness or drainage from incision site, foul odor from incision site.
- Please call office or nearest emergency department if you have any increased shortness of breath, decreased ability to tolerate activity secondary to chest pain, new or increasing lower extremity changes such as increased redness, and swelling or pain.
- If you have any of these concerns, or other questions, please call. During the daytime the office phone number is (940)937-3636. After hours, you may call the ED at (940) 937-9131.

DRESSING CARE

- Keep your surgical dressing on, clean, and dry. You can remove it in 3 days, and then it is okay to shower and wash your hands as long as your wounds are dry. Please do not soak incisions in water for longer than a couple of minutes. No standing water such as bath water, lake water, or swimming pools/hot tubs. After removing your dressing you can cover your stitches with a band aid or gauze pad if you wish.
- After removing your dressing, some find it more comfortable to use a splint for 2-3 weeks

ACTIVITIES

- Use ice packs and keep your hand elevated as much as possible for the first few days. No lifting over 2 pounds with your operative hand.
 - Starting the same day of surgery, work on actively moving your fingers. Fully open your hand, and then make a fist. Do this multiple times daily.

MEDICATIONS

- Please call your physician or pharmacist for any questions about your medications or if for any reason you are unable to take prescribed medications.
- Some studies have recommended Vitamin B6 50mg by mouth three times daily for 3 weeks after surgery. This can be purchased over the counter.
- DO NOT drink alcohol; operate automobile or other heavy machinery while on narcotic pain relievers.
- Narcotic pain relievers are constipating. Pain medicine is rarely required for more than 2-3 days, but if needed longer, I recommend an over-the-counter stool softeners such as Surfak or Colace on a daily basis while on pain medication to help reduce this side effect. Please insure you have adequate fluid intake and use a laxative as needed for constipation.

FOLLOW-UP:

- Ortho clinic in 2 weeks