



**Orthopaedic Associates of Zanesville
Post-op Instructions Carpal Tunnel Release
Dr. Bonier**

Please note that these instructions are general guidelines to be followed; however, any written or verbal instructions provided by your provider supersede the instructions below and should be followed.

WOUND CARE

- It is common to have leakage of fluid and blood into or around the dressing the first 48 hours after surgery. Do not remove the ace wrap and splint/brace until after 48 hours.
- You can remove surgical bandage after 48 hours. Apply Band-Aids to incision site. Change daily.
- You may shower after the first bandage change. Do not saturate or submerge in a bathtub, pool, dish sink, or hot tub until sutures are removed.

SWELLING

- Swelling is normal and expected. The dressing and any wrappings are placed on very loosely to allow for swelling. Sometimes the swelling can be painful due to the wrappings, if so please call our office for instructions. Usually just loosening the wrappings will make a difference.
- ELEVATE the wrist above the level of the heart to help with the swelling.

MEDICATION

- You will typically be prescribed one of the following medications to be used after surgery at home for pain. Please take these how they are prescribed on the actual prescription:

Norco (hydrocodone/acetaminophen): A strong narcotic pain reliever. Do not exceed
10 tablets in a 24 hours period.

OR

Over the counter Tylenol 500-1000mg every 6 hours as needed for pain and may alternating with
ibuprofen 600-800mg every 6 hours as needed for pain

- Keep in mind that all narcotics **will** cause drowsiness and should not be used with alcohol or if driving. Taking this medication on an empty stomach can result in an upset stomach. It is common to feel the most discomfort when lying down to sleep at night, so you may find it beneficial to take the medication at bedtime. If unusual side effects occur, please discontinue the medication and contact our office.

SIGNS OF INFECTIONS

- With any surgery it is important to be aware of any signs of infection, which can include: unusual looking or smelling drainage (green/yellow), increased redness and tenderness around the incision site, or fever (i.e. 101 degrees or above) and chills. Also, be aware of excessive bleeding or continued numbness and tingling. If you experience any of these symptoms, please call our office. There is a doctor on call 24 hours a day.

FOLLOW-UP CARE/QUESTIONS

- If you do not already have a post-operative appointment scheduled, please contact our office at 740-454-3273 to schedule.
- Typically, the first post-operative appointment following surgery is 10-14 days following surgery
- If you have any further questions please contact us during office hours