

Carpal Tunnel Release

Post Operative Instructions

- No lifting, pushing or pulling anything over 10lbs.
- Keep your dressing clean and dry for the first 2 days. Avoid excessive sweating and moisture around the incision.
- After 48 hours, you may wash the area with soap and water, pat dry afterwards. You may want to cover with a bandage until your sutures are removed because they may snag on clothing.
- Take prescribed medication as directed.
- Move your fingers as much as you can to prevent stiffness.
- You may use ice to help with swelling.
- Keep your hand elevated above heart level to help reduce swelling and throbbing.

CALL OUR OFFICE AT 601-987-6581 IF YOU HAVE:

- Fever greater than 100.4
- Increased pain, swelling & fever
- Thick drainage or excessive bleeding from incision