

Carpal / Cubital Tunnel Release

Post Op Instructions:

Pain Control:

- Keep your hand elevated, higher than your heart, as required for 2 to 3 days. Use a pillow if necessary.
- Take pain medication as directed: Tylenol
 Ibuprofen
 Prescription Medication: _____

The Dressing:

- **Keep your initial dressing intact for 2 (two) days.**
- After 2 days:
 1. Remove all outer wraps and gauze. Please DO NOT replace them.
 2. Wash the wound with soap and water. You may shower. Pat incision dry.
 3. Use the hand for light activities (preparing meals etc). Open and close fingers and move your wrist as often as possible.
- Check your circulation: Press on your fingernails - they should turn white then return to pink when the pressure is released.
- If your fingernail(s) is (are) blue or white, unwrap and rewrap the bandages so they are more comfortable. If this does not improve circulation, contact our office, your GP, or your local Emergency Department.

Your Sutures:

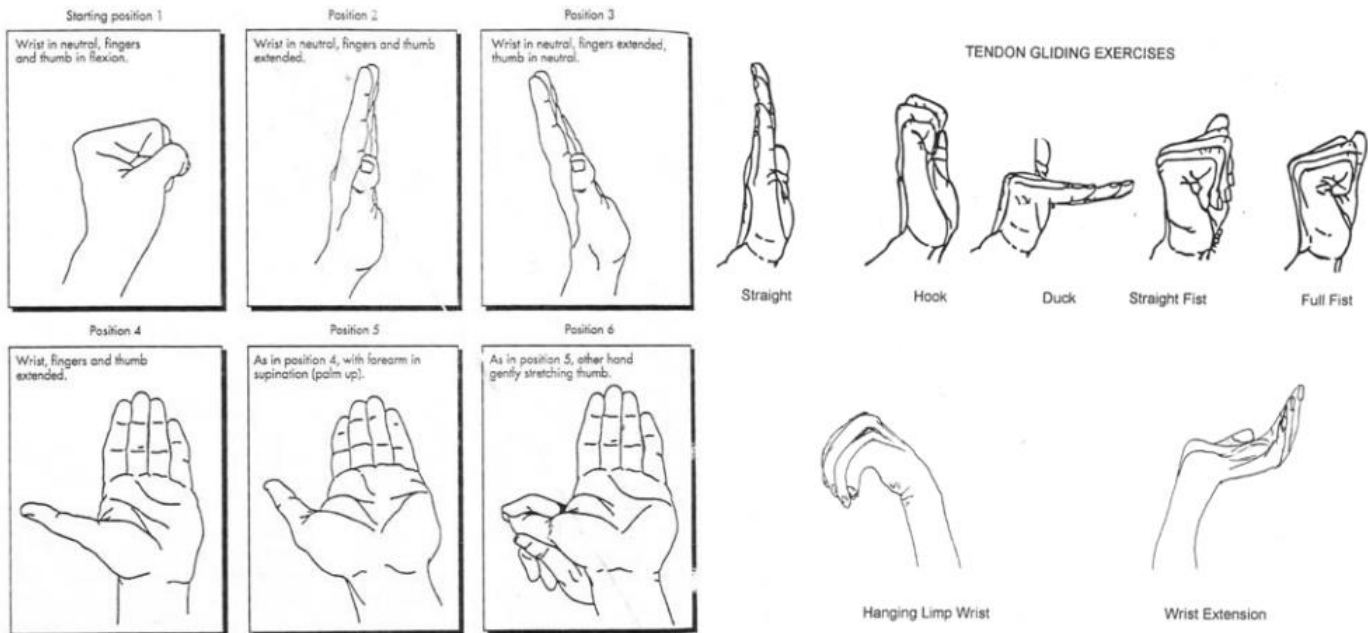
- ___ Dissolve on their own.
___ Will be removed in two weeks.

What to Expect after surgery:

- Mild swelling or bruising.
- A slow improvement in daily numbness and tingling.
- A slow, progressive improvement in symptoms and grip strength. Depending on your age, severity of initial problem and associated conditions, this may take as long as two years.
- Some symptoms may not return to normal.

Exercises

- Start these exercises after 2 days. You may use your hand lightly.
- These movements help prevent scar from sticking around the nerve and tendons. Do these 3 times daily, 5- 10 times each movement



Activities:

3 days to 2 weeks after your surgery:

- Reintroduce activities as your pain and swelling allow.
- No Heavy Lifting (15 pounds) for 4 to 6 weeks.
- Driving: You must be pain free and off all pain medication. It is a good idea to have another licensed driver with you for your first short trip.

2 - 6 weeks after your surgery:

- No Heavy Lifting (15 pounds) for 4 to 6 weeks.
- Return to work: You will likely be ready to return to work within 1-6 weeks depending on your occupation and type of physical exertion required. Many office workers and those who are self-employed return to work by 2 (two) weeks. Heavy labourers may take 6 (six) weeks or more.

You may return to all previous activities including strenuous work and weight training 6 weeks after your surgery.

Special Instructions:

If you have any of the following, call our office (during business hours), your GP or present to the Emergency Department:

- ***Signs of Infection:***
 - Pus-like drainage from the incision, grey or green.
 - Redness that spreads beyond the incision.
 - New pain, getting worse after 3 or 4 days.
 - Fever, chills, sweats, aches and pains (flu-like symptoms).
- ***Questions not addressed by this handout***

For After-Hours Emergencies:

Call the Queensway Carleton Hospital at 613-721-2000 and the Plastic Surgeon on-call will be paged.

Follow Up Appointment:

Your Patient Care Coordinator will call you to confirm your appointment.
Please call us at 613-232-7777 if you have any questions or concerns.

Your appointment has been scheduled for: _____.