

Pre and Post Op Instructions: **Carpal Tunnel Surgery**

**Pre Op Checklist:**

- Wash operative hand with soap and water to remove all dirt and skin oil. No lotions the day before surgery. Please trim fingernails and clean dirt from underneath nails.
- Wear loose fitting clothes the day of surgery. Expect to have a bulky dressing or splint postoperatively on your wrist.
- If you work, you will likely have a work restriction. Please communicate with your work prior to surgery. Work restrictions will be discussed with ortho office prior to surgery.

**Surgery Day:**

- Postoperative instructions will be given to your family member or friend that brought you to the hospital.
- Prescriptions for pain control will be given to you on the day of surgery.

**Post Op:**

- Okay to remove dressings on post-operative day #3 (ex. If surgery is on Tuesday, remove dressings on Friday), then begin daily dressing changes at that time.
- No weight bearing to operative arm.
- ELEVATE all the time. This means the fingers should be pointed to the ceiling. Propping the hand up with pillows and laying the hand flat is NOT elevation.
- Sponge baths only. No showers. No bags over splint/dressing in showers.
- Take prescribed pain medication as instructed. You can take a small dose of ibuprofen over the counter as an adjunctive pain medication starting the DAY AFTER surgery as long as you have no allergies to ibuprofen, drug interactions, or medical contraindications such as stomach or kidney issues. Confirm with your primary care physician if you have any questions regarding allergies or drug interactions.
- Follow up appointment should be scheduled in advance before your surgery. Call my office at 800-622-6575 if you have any questions, or you can call my patient care line directly at 765-213-3885 and leave a message for my nurse.

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