



## Postoperative Instructions for Carpal Tunnel Release Trigger Finger Release Hand or Wrist Cyst Excision

Dr. Jeffrey J. Mair, DO

### PAIN:

- You will be sent home from the surgery center with prescriptions for pain medication.
- After the first few days, as the pain lessens, you may decrease the frequency with which you take the medication.
- Remember, the medications are not necessarily meant to completely eliminate your pain, only to make it more bearable.
- It is also helpful to use ice, as well as to elevate your operative extremity, to decrease pain and swelling.
- If these measures are not adequately controlling your pain, please call our office.

### MEDICATIONS:

- Most pain medications need a handwritten prescription for refills and cannot be obtained after hours or on the weekends.
- Please plan accordingly. Narcotic pain medications can cause constipation; you may wish to use an over-the-counter stool softener to help prevent this.

### DRESSINGS:

- You will have a soft dressing applied over your surgical site.
- In addition, depending on your procedure, a hard splint or brace may be positioned to support your joint and limit motion.
- These are meant to absorb any leaking blood or fluid from the incision area, and to protect from infection.
- The dressings may become moist or blood-stained; this is normal and usually not a cause for alarm.

## BATHING:

- You may bathe or shower as long as you keep the operative extremity, splint, and dressings dry, unless instructed otherwise.

## WOUND CARE:

- Once you are allowed to remove the dressing, you may let running water over your incision to shower or wash your hands, but do not soak or submerge in water.
- Pat dry and cover the incision with a light band-aid.
- DO NOT use ointments, salves, lotions or creams on your wound.

## DRIVING:

- You may not drive while you are taking pain medications.
- Once you have discontinued the pain medications, your doctor will let you know when it is safe to drive, depending on your specific procedure.

## WHEN TO CALL:

- Please call if you develop a fever greater than 102°F, increasing pain that is not responding to pain medication, redness, increased swelling, persistent bleeding or drainage, or drainage other than clear fluid or blood.
- If you have any questions or concerns, call our office at 952-442-2163.
- If it is after hours, the answering service will contact the physician on call.