

CARPAL TUNNEL RELEASE

Procedure: _____ Date: _____

ANESTHESIA

General Spinal Sedation Local Block _____

- You have received sedation; rest and relax the day of surgery. Please be aware of possible dizziness and exercise caution when you are standing. A responsible adult must be with the patient for 24 hours following surgery for safety and fall prevention.
- Begin with liquids, and advance diet as tolerated; avoid greasy and spicy foods.
- No important decisions or signing of legal documents for 24 hours. Do not operate power machinery.
- Do not drive for 24 hours following surgery or while taking narcotic pain medications.
- No alcoholic beverages for 24 hours, or while taking narcotics.
- If you are unable to urinate, feel uncomfortable, and it has been 8-10 hours since you last urinated, go to an urgent care or the ER.
- If you had a block, be sure to start your oral pain medication before it begins to wear off.

****Call 911 or go to the nearest ER if you experience chest pain or shortness of breath**

Report to your Surgeon or visit our Twin Cities Orthopedics Urgent Care in Waconia or Edina (Daily 8am-8pm) for any of the following:

- Fever over 101°F lasting more than 24 hours
- Foul drainage, redness, or warmth at the operative site
- Large amount of bleeding or drainage
- Severe and uncontrolled pain
- Persistent nausea or vomiting
- Hives, rash or intolerance (Stop medications)
- Redness, warmth or extreme pain in the calf

WHAT YOU SHOULD KNOW

This is a surgical procedure to free a pinched nerve in the wrist which has become trapped or compressed, causing pain in the wrist and tingling in the fingers.

CAST/SPLINT

- You will be in a splint for one week following surgery.
- A second, removable brace will be fitted at one week. This brace is to be used for sleeping, driving and work.

DRESSING

- Keep the dressing dry.
- You may shower, but the splint must remain dry. Take extra caution.

PAIN CONTROL

- Apply ice to the surgical area to reduce swelling and pain for 24-72 hours following the procedure. Do not place ice directly on skin or it may cause a burn. Wrap a towel around an ice pack and apply to the surgical site for no more than 20 minutes at a time.
- **NORCO** (5 mg. hydrocodone with 325 mg. acetaminophen) 1-2 tablets every 4-6 hours as needed for pain or as prescribed. **-OR-**
- **TYLENOL #3** (325 mg. acetaminophen and 30 mg. codeine) 1-2 tablets every 4-6 hours as needed for pain.
- **DO NOT DRIVE WHILE TAKING NARCOTIC PAIN PILLS OR UNTIL DIRECTED BY YOUR SURGEON.**
- Call the clinic for pain prescription refills. Prescription refills are not filled over the weekend or after hours.
- Avoid constipation; take Colace (docusate sodium) 100 mg. 1-2 times daily as needed while taking narcotics.
- Check with your doctor to see if you can take NSAIDS (Ibuprofen®, Motrin®, Advil®, Aleve®).

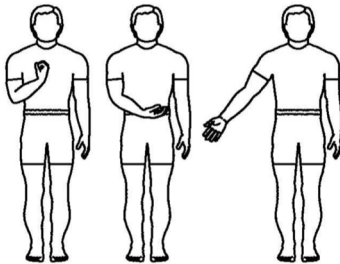
DOCTOR'S POST-OPERATIVE APPOINTMENT

Call (952) 442-2163 to make a follow-up appointment one to two weeks after surgery to have cast removed and removable brace fitted.

EXERCISE

Gentle hand exercises can be started 2 days after surgery. Illustrations are provided below.

BRACHIAL PLEXUS STRETCH

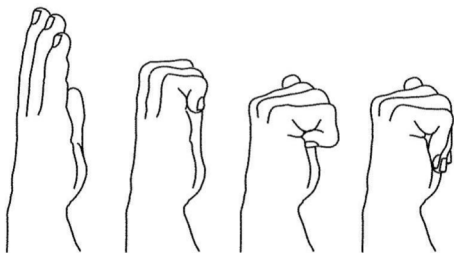


1. Begin with elbow bent, wrist and fingers bent, hand at chest palm up as shown. Neck should be bent to same side as arm.
2. Straighten neck, then move arm down across chest and hips and out to side as the wrist and fingers straighten with palm forward.
3. Bend neck to opposite shoulder.

Recommendations:

- Perform 3 sets of 10 repetitions, three times a day.
- Rest 1 minute between sets.

HAND/FINGER EXERCISES

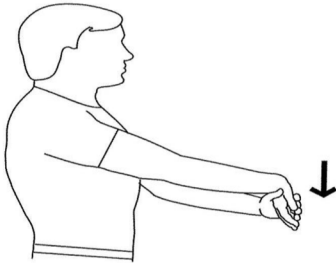


1. Start with fingers straight.
2. Make hook fist, return to straight hand.
3. Make full fist, return to straight hand.
4. Make straight fist, return to straight hand.
5. Repeat.

Recommendations:

- Perform 3 sets of 10 repetitions, three times a day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 Seconds.

STRETCH WRIST FLEXORS



1. Position hand palm up.
2. Grasp fingers of one hand with other hand.
3. Keeping elbow straight on involved arm.
4. Pull hand down gently, as shown.

Recommendations:

- Perform 1 set of 5 repetitions, three times a day.
- Hold exercise for 10 seconds.

OTHER INSTRUCTIONS

Nurse: _____ Responsible Adult: _____