

## CARPAL TUNNEL RELEASE

Procedure Name: \_\_\_\_\_

Date: \_\_\_\_\_

Anesthesia:  General  Sedation  Local

- You have received sedation; rest and relax the day of surgery. Please be aware of possible dizziness and exercise caution when you are up. **A responsible adult must be with the patient for 24 hours following surgery for safety and falls 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.

**\*\*In the event of a medical emergency, dial 911 or go to the nearest emergency department**

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

- Fever over 101 degrees for 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 1-2 weeks 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 clean and 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. Apply ice each hour for 20 minutes while you are awake during the day. **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 per hour.
- Elevate arm aggressively for the first 48 hours. Then elevated as needed.
- **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.

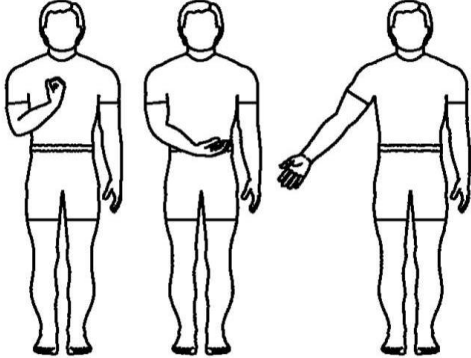
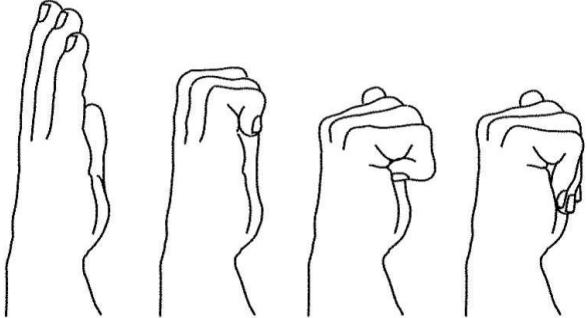
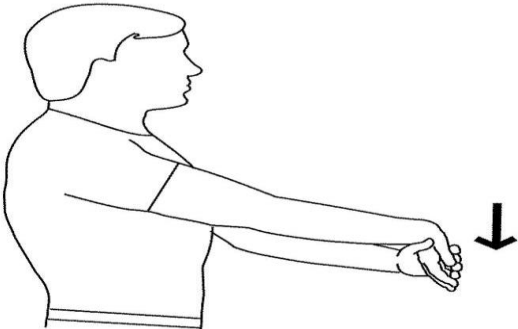
- Avoid constipation; take Colace (docusate sodium) 100 mg. 1-2 times daily as needed while taking narcotics.

**DOCTOR'S POST-OPERATIVE APPOINTMENT**

- Call (952) 442-2163 to make a follow-up appointment 10-14 days after surgery to have cast removed and removable brace fitted.

**EXERCISES**

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

<p><b>Brachial plexus stretch</b></p>	<ul style="list-style-type: none"> <li>• Begin with elbow bent, wrist and fingers bent, hand at chest palm up as shown. Neck should be bent to same side as arm.</li> <li>• Straighten neck, then move arm down across chest and hips and out to side as the wrist and fingers straighten with palm forward.</li> <li>• Bend neck to opposite shoulder.</li> </ul> <p>Perform 3 sets of 10 Repetitions, three times a day.          Rest 1 Minute between sets.</p>	
<p><b>Hand/finger exercises</b></p>	<ul style="list-style-type: none"> <li>• Start with fingers straight.</li> <li>• Make hook fist, return to straight hand.</li> <li>• Make full fist, return to straight hand.</li> <li>• Make straight fist, return to straight hand.</li> <li>• Repeat.</li> </ul> <p>Perform 3 sets of 10 Repetitions, three times a day.          Rest 1 Minute between sets.          Perform 1 repetition every 4 Seconds</p>	
<p><b>Stretch wrist flexors</b></p>	<ul style="list-style-type: none"> <li>• Position hand palm up.</li> <li>• Grasp fingers of one hand with other hand.</li> <li>• Keeping elbow straight on involved arm.</li> <li>• Pull hand down gently, as shown.</li> </ul> <p>Perform 1 set of 5 Repetitions, three times a day.          Hold exercise for 10 Seconds.</p>	

Nurse \_\_\_\_\_ Patient/Responsible Adult \_\_\_\_\_