

Revision Carpal Tunnel Release with Hypothenar Fat Pad Flap Care Instructions

Dr. Shashank Dwivedi

You have had a repeat carpal tunnel release with a hypothenar fat pad flap procedure. The instructions below are meant to provide you with the information you need to manage your dressings, pain medications, and activities until your first follow-up appointment.

WHAT TO EXPECT WHEN YOU GET HOME

- Your arm will likely be numb for 12-16 hours. Once you begin to regain sensation in your arm, you may take Tylenol and an anti-inflammatory such as Motrin as needed for pain relief. You may use a narcotic medication like oxycodone as needed if the pain is severe. Take your prescribed stool softener if you develop constipation.
- You may continue your normal home medications.
- For 2-3 days post-operatively elevate the extremity above the level of your heart to reduce swelling.
- Apply ice to the extremity 3-4 times a day (20 minutes on/20 minutes off) for 3-4 days or until the swelling subsides. If you are in a splint, apply ice on the top of the splint, but be sure the splint does not get wet.
- Bruising and discoloration is common following surgery.

WOUND CARE

- **DO NOT** remove your splint or allow it to get wet. If you need to shower, protect your splint with a cast protector from CVS/Walgreens or a plastic bag. Place a bag over the splint and tape it closed, cover the tape with a towel, and cover the first bag with a towel or another bag and tape this closed above the towel.
- If you are experiencing any of the following call our office or the doctor on call immediately:
 - Fever greater than 101 degrees Fahrenheit
 - Chills
 - Excessive redness, swelling, or drainage from incisions

ACTIVITY

- You are encouraged to move your fingers and thumb as much as possible within the restrictions of your splint.
- You may use your hand and fingers for light activities, such as typing, feeding yourself, and brushing your hair.
- Do not lift, push, or pull greater than 1-2 pounds until your follow up appointment.

FOLLOW UP

- A follow up appointment will be made for you at the time that your procedure is scheduled. This is typically 10-14 days after your procedure. Please call the office if you have any questions regarding your follow up appointment