

**Vincent R. Avallone, Jr., D.O. – AO Orthopedics**

**Post Operative Patient Information for:**

**Carpal Tunnel Release**

**Carpal Tunnel Release:** Your operation was performed through an open incision in your palm. The Ligament constricting your carpal tunnel was released.

**Dressing:** A soft dressing and a plaster splint has been applied to your wrist and hand, secured with an ace wrap. Although the dressing may become moist or blood stained, this is not usually a cause for alarm. Do not remove the dressing. It will be removed at the time of your first office visit. Keep the dressing clean and dry.

**Pain:** Upon discharge, you will be given a prescription for pain medication. Elevation of your wrist and hand will decrease swelling and pain. Ice may be applied to the palm for the first 48 hours.

**Bathing:** Keep dressing clean and dry. You may shower so long as you keep your dressing protected with a plastic bag. DO NOT immerse the dressing in a bathtub. Keep the dressing clean and dry at all times.

**Activity:** You are encouraged to wiggle your fingers and flex them into a fist and to practice fine manipulative exercises to diminish stiffness and swelling in your fingers. These should be performed several times daily. Ok or light use of hand with the splint to tolerance.

**Check-up:** You should be checked in our office in one week. Call the office to make an appointment within 2 business days of the surgery. At the time of your first follow-up visit, your wound will be examined and your sutures removed. An appropriate rehabilitation program will be started. Any questions regarding your surgery can be discussed at that time.

**Precautions:** If you develop a fever (101°F or above), sever pain, redness or swelling of your arm, please contact our office. You should also frequently check your fingers to ensure that they stay warm (compared to the other side), can feel, touch and wiggle them.