

# Carpal Tunnel Release

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## After your procedure

- Take your pain medication as needed. Pain medication works better if you take it before your pain becomes more intense.
- Keep your hand elevated as much as possible. Open and close your fingers. Move your fingers gently. Do this every hour while awake.
- Do not use your arm for any strenuous or heavy activities. Check with your doctor before returning to work.
- You may have a plaster splint on your wrist. If the plaster splint becomes too uncomfortable, remove it and wear the carpal tunnel splint.

## How to care for your dressing

Keep the dressing dry. Do not get it wet. When you shower or bathe cover the dressing with plastic and keep it out of the water.

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**Special instructions for you:**

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**Follow-up visit**

- You will need to see your doctor in about 10 to 14 days.

**Call your doctor if you:**

- notice an increase in redness, swelling, and pain
- notice numbness of the hand lasting greater than 10 hours after surgery
- have a fever of 38.5°C (101°F) or higher