

**Post-operative Instructions:** Carpal Tunnel Release and Trigger Finger Release

**Dressing:** Please keep your dressings clean and dry for 3 days. On the 4<sup>th</sup> day after surgery, you should take your dressings off. You may then wash your hands and get your operative hand wet in the shower. Please do not scrub or soak your wounds (ie- no bath tubs, no doing dishes, no swimming). Once you are done washing your hands, please pat the wounds dry and place a band aid over the wounds. You may also use an ice pack to help reduce pain and swelling.

**Activity:** Please do not lift anything heavier than your dinner fork for the first two weeks after surgery, but you may use your hand for **light activity that does not cause pain** (ex- typing, eating, writing). The more your rest in the first few days after surgery, the less bleeding, swelling, scar tissue, and pain you will have. To avoid finger stiffness, please gently open and close your fingers a few times per day (but no squeeze balls please).

**Pain control:** The majority of patients after this surgery do well with over-the-counter medications for pain relief. If you are able to take NSAIDs, you will be given information to guide you on how to combine NSAIDs and Tylenol. If you cannot take NSAIDs, please rest, use ice packs, and use Tylenol for pain relief. You may also be given a prescription for narcotic pain medication. Please use the narcotic medication as sparingly as possible to avoid trouble with side effects (nausea, constipation, dizziness, addiction). Please do not mix Tylenol/Acetaminophen with your narcotic medication, as the narcotics often come with Tylenol/Acetaminophen mixed in. As your pain decreases, please wean yourself off of the narcotics as soon as possible by substituting over the counter medications instead (ie- Advil, Motrin, Tylenol, or Aleve). For constipation, you can take 300 mg of colace a day (colace is an over the counter stool softener).

**Follow up:**

Please make an appointment for ~14 days after surgery for a wound check and suture removal.

**Return to work/school:**

You may return to light activity at work/school once you no longer need narcotic pain medication, but no heavy lifting on the operative extremity is allowed.

For questions, please call the office: 301-657-9876