



Vipul Dua M.D., LLC  
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## CARPAL TUNNEL RELEASE

Following your carpal tunnel release surgery, you will be discharged home the same day.

### Dressing

A large dressing will remain on the operative hand for the first **48 hours after surgery**. Once this is removed, the incision should be covered with a large Band-Aid. If you have visible stitches, these will be removed at your first office visit. If you have steri-strips over your incision **do not** remove them. Allow these strips to fall off on their own. **You may shower and get the incision wet if it is healing appropriately and without drainage 48 hours after your procedure**. Do not soak the incision! Avoid using creams, lotions, and other topical products on the incision until you are evaluated at your post-op appointment.

### Activity

You can use the hand immediately following your procedure. Avoid heavy lifting until you're evaluated at your post-op visit. Strict elevation of the hand above the level of the heart, in addition to frequent application of ice, is advised for the first 48 hours. Remember, it may take up to a year or longer for your symptoms to resolve. Recovery of the nerve depends on how long it was compressed prior to surgery in addition to the severity of the compression.

### Driving

You may begin driving as soon as you can grip the steering wheel comfortably. Do not take narcotic pain medication prior to driving!

### Work

Timing for returning to work will depend on the field of work you're in. Most people are able to return to work within one week of having the procedure. Everyone recovers differently so we will determine appropriate return to work dates for your situation.

### Pain Management

You will be provided with pain medication prescriptions at your pre-op appointment. It is important that you stay on top of your pain and take the medications as directed. If you need a refill of your pain medications call the office ahead of time. Please allow us 24-48 hours to complete your request. Prescriptions will only be filled during normal business hours. Narcotics cannot be called into the pharmacy so you will need to pick up a prescription at the office.

Please call the office immediately if you develop any of the following worrisome symptoms: High spiking fevers >101 degrees Fahrenheit, chest pain, shortness of breath, severe uncontrolled pain, spreading redness around incision, drainage from incision, or inability to move extremity. If you experience these symptoms outside of normal business hours, the office will connect you to the physician on call.