

# DUKE ORTHOPAEDICS OF RALEIGH

## Carpal Tunnel Release

### Appointment

Please call the office today to schedule an appointment for 2 weeks from the date of your surgery.

### Medications

A prescription for pain medication will be given to you at the time of discharge from the hospital. Refills will not be given over the phone on weekends or after office hours.

### Swelling

Swelling and discoloration of the fingers and hand after an operation are common. Keep your wrist above your shoulder for 48 hours to keep the swelling down. A bag of ice can be applied to the dressing for 15 minutes at a time to help with the pain and swelling.

### Exercises

Finger exercises should be started immediately. Every hour make a tight fist and fully extend the fingers. The other hand is often necessary to help. Do not lift anything heavier than a cup of coffee with the involved hand.

### Dressing

The dressing should be left in place until you're seen in the office. The dressing is fairly bulky in order to minimize wrist motion. This has been done to minimize pain, prevent bleeding, and allow the wound to heal faster.

### Wound care

After the dressing and the sutures have been removed, the wound will be very sensitive to the touch. The wound can be desensitized by rubbing it in a circular motion with a hand motion like *Palmer's* that contains Vitamin E and cocoa butter. This wound program will make for softer and more comfortable scar.

Call the office with any problems or questions

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