



Discharge Instructions for Carpal Tunnel Release

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Orthopedic Surgery

Name: _____

Medications: Take any medications only as directed.

- If you experience constipation while taking a narcotic pain reliever, begin using an over-the-counter laxative.

Diet:

- Resume whatever diet you were on before surgery (e.g., unrestricted, diabetic, low sodium, etc.)

Activity:

- Avoid using your hand for manual tasks until approved by the office.
- Do not lift any object heavier than a light book or magazine until your follow up appointment.
- Do not drive if you have had any pain medication within four hours. You may ride in a car as a passenger as much as tolerated.
- You may resume light activity as tolerated, such as walking.

Wound Care:

- Keep dressing/splint intact for 2 weeks (until follow-up appointment)
- Call the office if you have an elevated temperature (101 F or greater).
- You may shower at any time, but keep your dressing/splint clean, dry and intact.
- Your sutures will be removed at your follow-up appointment which is scheduled below.
- Keep affected hand elevated above the level of your heart as much as possible.

Follow-up: Date: _____ Time: _____

With:

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