Carpal Tunnel Surgery

These instructions will help you take care of yourself at home.

**Diet**
Start with clear liquids after you reach home. Wait about 45 minutes and if you do not feel sick, try bland foods first and then progress to your usual diet.

**Activities**
Keep your hand elevated on pillows for at least 2 days. It is OK to use fingers but no tight gripping or lifting. Wiggling reduces swelling. Rest and protect your arm from injury.

**Special Care Needed**
Change the dressing in 24 hours. Keep palm dry and covered with a light dressing. Carefully watch your hand and arm. Call your doctor if it becomes COLD, BLUE, NUMB, SWOLLEN or if you can not move it. If you have stitches, they will be removed in 7-10 days. Wear the splint at night and as needed during the day.

**Infection**
Watch for any sign of infection after surgery: fever, chills, increased pain, redness, swelling, or foul smelling discharge from your wound. Call your doctor at the first sign of any infection.

**When to call your doctor**
- Chest pain or shortness of breath
- Vomiting lasting more than 4 hours
- Large amount of bleeding or swelling
- No urine output 8 hours after surgery
- No bowel movement in 3 days

Call (434) 924-0000 and ask for "the resident on call" for Dr. ________________.

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