



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.



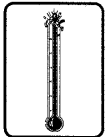
ACTIVITIES

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

Call 434-924-0000 and ask for "Resident on call" for Dr. _____ if:

- No urine output eight (8) hours after surgery
- No bowel movement in three (3) days
- There are signs of infection as above
- Chest pain or shortness of breath
- Vomiting lasting more than four (4) hours
- Large amount of bleeding or swelling

Call 911 if you have chest pain or shortness of breath