

## INSTRUCTIONS AFTER CARPAL TUNNEL/CUBITAL TUNNEL

### 24 HOURS AFTER PROCEDURE

- you may remove initial bandage at the wrist/hand (if you had cubital tunnel, leave elbow dressing on x 5 days)
- you may cleanse with mild soap and water daily
- ensure incision(s) are patted dry well
- apply Vaseline to incision twice daily if left open
- you may apply new bandage if you wish but it is not required
- if you have stitches, they will be removed in 10-14 days
- keep hand elevated for 24-48 hours after surgery (a couple pillows at night)
- **BEGIN YOUR HAND / FINGER MOVEMENT EXERCISES RIGHT AWAY**
- Do not do any heavy activities with the hands, if it hurts don't do it!

### PAIN CONTROL

- you may use Tylenol plain or extra strength or Tylenol # 3 as prescribed
- avoid use of Aspirin/Advil etc (anti-inflammatories) for 48 hours after surgery unless otherwise advised

### SIGNS OF INFECTION

If your incision becomes more red, extremely painful, you develop a fever or have pus in the wound please contact the office or nearest medical facility for attention

### SCAR MANAGEMENT

Begin to massage the scar 2 weeks following surgery (if well healed) , this will help to soften the scar and make it less sensitive.