**CARPAL TUNNEL RELEASE**

**POST-OPERATIVE INSTRUCTIONS**

* Do not remove splint/ dressing for the first 72 hours.
* Remove dressing after 72 hours. Replace with clean dry dressing.
* It is OK to shower and get wet after 72 hours, but DO NOT soak until sutures are removed.
* Keep wound clean and dry.  Cover with small bandaid until sutures removed.
* Keep extremity elevated above the level of the heart for 3-4 days.
* Ice the extremity (20 minutes at a time) for the first few days to reduce swelling.
* Do not use a sling.
* Rest the extremity on pillows and while sleeping.
* Take Advil, Tylenol, or Tylenol #3's as tolerated for extra pain control (do not combine Tylenol and Tylenol #3's at the same time)

***Contact my office, your GP, or go to the emergency room if***:

* You have unbearable pain, not controlled with the above methods.
* You have ongoing drainage after 48 hours.
* You have increased swelling and redness tracking up the extremity.
* You develop a high fever in the first few days after surgery.

**CHECK LIST**:

□ Prescription \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

□ Physiotherapy                □ Patient  Choice                 □ Other

□ Self Physio

**FOLLOW UP: If you are unsure where your follow up appointment is, please call our office to confirm at: 604-588-6528 Ext. 1**

□ Family Doctor:  10-14 days post-surgery (patient to make appointment) for sutures and wound check.

□ Dr. Jackson:

**Location:** □ Ortho Cast Clinic - Jim Pattison Outpatient Care and Surgery Centre, 2nd Floor (9750 140th St. Surrey, BC)

                             □ Office - 13737 96th Avenue, Surrey, BC

                             □ Call for Appointment, 604-588-6528 ext. 1

X-Ray:   □ NO       □ YES            Views: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Note: All “forms” (workplace, WCB, ICBC, etc.) should be dropped off at the office.  There is a charge.  Allow 3 weeks for completion.