

**Post-Operative Surgery Instructions:  
Carpal Tunnel Surgery**

**Immediately After Surgery in the Recovery Room:**

1. After surgery you will be taken to the recovery room, where your family can meet you. You will have a **dressing on your operated extremity**. The dressing and splint remains on until your first office visit 3-10 days after surgery.
2. You will have ice on your operated extremity. This is used on the operated extremity to reduce pain and swelling. Elevating the surgical area on some pillows also helps reduce pain and swelling.
3. It is OK to move your fingers, hand and elbow. Keep the dressing clean and dry.
4. You will receive a prescription for pain medication for when you go home (this medication may make you constipated).

**The Next Day After Surgery at Home:**

1. Keep the operated extremity in the dressing. It is OK to move your fingers, hand, wrist, and elbow.
2. The dressing should stay on and dry AT ALL TIMES. It will be removed in the office 3-10 days after surgery.
3. It is NOT ok to get the wound or dressing wet. If you are going to bath or shower, either place a plastic bag around the dressing or keep the extremity out of the bathtub.
4. Ice and elevate as necessary for 3-7 days. Cooling does help reduce pain, swelling, and inflammation. At some point you will notice it is not giving much relief any more, that is when it should be discontinued.

5. Pain medication: As per office policy, we DO NOT call in medication refills after 5pm or on the weekend. Please let our office know during business hours when a refill is needed and we can call it in when appropriate.

6. Physical Therapy may be arranged for you on your first office visit after surgery, usually within 5-10 days of your surgery.

**OFFICE VISITS:**

1. Please arrange to see Dr. Alpert in the office 3-10 days after surgery for a dressing change and further instructions.

2. After the first visit it will be okay to shower and get the wound wet.

3. Usually Dr. Alpert will see you for a second office visit about 14 days after the surgery for suture removal.

4. Physical Therapy may be set up on your first post-operative visit. An initial prescription is usually 2-3 times a week for 6 weeks. The total amount of Physical Therapy can last for up to 2-3 months.

If you have questions or concerns regarding your surgery or the rehabilitation protocol and exercises call **847-931-5300**.