



MAIN OFFICE:	EVANS OFFICE:
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Post-Operative Care Instructions for Carpal Tunnel Release

1. Elevate the operative arm as much as possible for at least the first two to three days. You may lay the arm across your chest while lying down or prop it up with a couple of pillows. When sitting in a recliner, elevate the arm with several pillows so that it is at the level of the heart. Elevation will allow gravity to pull the swelling out of the operative extremity and help provide pain relief.
2. Finger motion is encouraged. Finger motion will help the fingers from getting stiff and will help to "pump" fluid (swelling) from the hand.
3. Do not lift anything greater than the weight of a coffee cup for the first 10-14 days post operatively.
4. Use the prescription pain medication as needed. As an alternative, you may use over-the-counter pain medications instead. Acetaminophen (Tylenol) or Ibuprofen (Motrin) is recommended. Do not drive while taking narcotic pain medications.
5. Keep the post operatives dressing clean, dry, and intact until your follow-up visit. The bandage may be covered with a plastic bag secured with a rubber band at its opening while showering.
6. If not already scheduled preoperatively, please call the office the next business day following surgery to schedule a follow-up appointment. (706-722-3401)
7. A physician is on call 24 hours a day, 7 days a week for emergencies and may be reached through the answering service by calling the regular office. Please notify your physician for increasing pain, numbness, redness, temperature greater than 101°F, or any other problems or questions. (706-722-3401)