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Discharge Instructions for Carpal Tunnel Release

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Name: _____

Medications: Take any medications only as directed.

- If you experience constipation while taking a narcotic pain reliever, begin using an over-the-counter laxative.

Diet:

- Resume whatever diet you were on before surgery (e.g., unrestricted, diabetic, low sodium, etc.)

Activity:

- Please refrain from heavy lifting or repetitive use of your hand for 4-6 weeks after surgery.
- Walking is a good exercise. Go for at least four short walks a day, even if inside your home.
- Do not drive if you have had any pain medication within four hours. You may ride in a car as a passenger as much as tolerated.
- The following exercises should be done after your dressings are removed. Please do these 3 times a day for the next 2-3 weeks.

Wound Care:

- Call the office if you have drainage from your wound, separation of wound edges, or increased pain, redness or swelling.
- Call the office if you have an elevated temperature (101 F or greater).
- You may shower at any time, but do not soak the incision in a tub or pool until your sutures have been removed. Dry the incision by blotting, not rubbing.
- You may remove the ace bandage and dressing after 48 hours.
- Your sutures will be removed at your follow-up appointment which is scheduled below.

Follow-up: Date: _____ Time: _____ With:

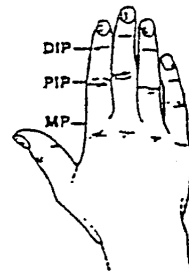
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- Extension – straightening the fingers
- Flexion – bending the fingers
- Active Motion – Using your own muscle power to do the motion
- Passive Motion – Using your uninjured hand to move the involved fingers through the motion

* Perform each exercise _____ repetitions _____ times a day.

FINGER EXERCISES

1. Bend and straighten all fingers:
 - a) actively, using your own muscle power
 - b) passively, using your other hand to do the motion.



2. Blocking exercises (individual finger joint exercises)
 - a) block the MP joint and bend the PIP joint
 - b) block the PIP joint and bend the DIP joint.



Middle Joint



Tip

3. Isolation exercises – while holding three fingers in extension, bend MP and PIP joints.
 - Go easy – Slow
 - Hold down 3, move 1
 - Do each finger



4. Make a fist then straighten your MP joints while keeping the PIP and DIP joints flexed. Follow this with straightening your fingers



5.

6.

7.

