

You are having surgery for your carpal tunnel: What to expect.....

- It is normal to have swelling and discomfort after surgery that may last anywhere from days to a week or even slightly longer.
- Following your surgery you will be provided with narcotic medications. These medications are designed to help with, but not take away completely, the post-operative pain. **DO NOT TAKE MORE OF THE PAIN MEDICATION!!!!!!!!!!**
- If you feel as though the pain is unbearable despite taking the pain medications AS PRESCRIBED, then your only other option is to go to the emergency room for pain control/management. I cannot safely prescribe you anything stronger that can be taken without constant monitoring.

- **MEDICATIONS**

The following medications are combination drugs that contain TYLENOL (in addition to the narcotic):

- Percocet
- Vicodin
- Tylenol #3
- Endocet
- Ultracet
- Lorcet
- Lortab
- Roxicet

IF you were prescribed one of these combination medications (or another combination drug containing Tylenol), YOU CANNOT TAKE TYLENOL in addition to taking any of these medications. Tylenol per day that you can have without doing damage to your liver. This is why you should always take these medications as prescribed and not more frequently.

- **Anti-Inflammatory** (Aleve, Advil, Motrin, Ibuprofen, Naproxen) may be taken. NO Tylenol if given with any Pain Medications.
- **Do not drive or operate heavy machinery while taking narcotic medications.**
- **Common side effects of narcotic pain medications:**
 - Constipation
 - Itching
 - Nausea
 - ❖ To help avoid constipation, drink plenty of water in addition to taking an over the counter stool softener such as Colace or Senekot, if you so desire.

- **Pre-Operative Medications**

It is very important that you resume taking all of the medications that you were taking prior to your surgery, IMMEDIATELY FOLLOWING YOUR SURGERY. Individuals who take a daily Aspirin for cardiac reasons and who were instructed to stop it for 7-10 days prior to their surgery should absolutely resume taking the Aspirin immediately after their surgery.

Patients who were prescribed PLAVIX usually need to hold from taking the medication for 10 days prior to surgery and may restart the medication 7-10 days after surgery.

- **ICING YOUR WRIST**

Apply ice bag you were given to control swelling. Ice should be applied 20-30 minutes at a time, every one to two hours. To protect your skin put a thin towel or T-shirt next to your skin if using a plastic ice bag. Icing is most important in the first 48 hours, although many people find continuing it lessens their postoperative pain.

- **CALL THE OFFICE IMMEDIATELY** with any signs/symptoms of infection at the incision site such as:
 - Redness
 - Swelling
 - Warmth
 - Drainage
 - As well as if you experience any fever, chills, and/or pain that is not relieved by the pain medications.

▪ **If the office is closed or if you cannot reach anyone at the office** you should call (513) 354-3700 and ask to speak to the physician on call.

▪ **OTHER**

- Make sure that you have established supports prior to your surgery so that you will have people who can assist you during your recovery phase.
- Abstain from drinking alcoholic beverages and smoking.
- Drink plenty of water and eat a regular diet.
- Plan to take **AT LEAST** a few days to a week off from work.
- **ELEVATE AND MOVE/WIGGLE FINGERS TO HELP REDUCE SWELLING**
- Range of Motion (ROM) as tolerated.
- You may shower immediately with your wound covered. You may shower with your wound uncovered at 5 days unless your wound is not dry. You should not submerge your wound in water for 3-4 weeks. You should stay away from ponds, rivers, lakes, and hot tubs for 1 month. Keep Incision Covered and Dry during showers, NO SOAKING.
- Take dressing off in 5 days. Cover with Band-Aids; if dry NO Band-Aid is required, Keep Dry.
- Post Operation (Post-Op) Visits 10-14 days from date of surgery.