

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

It is normal to have swelling and discomfort after surgery that may last anywhere from a few days to a week or more.

Following your surgery you should use Advil (ibuprofen) or Aleve (naproxen sodium) and/or Tylenol (acetaminophen).

- Advil (Ibuprofen) 200mg: take 3 tablets every 6 hours or 4 tablets every 8 hours
OR
- Aleve (naproxen sodium) 220mg: take 2 tablets every 12 hours
- You may add Tylenol (acetaminophen) to the above medications
 - Tylenol (acetaminophen) 500mg: take 2 tablets every 8 hours

You may be provided with narcotic medications. These medications are designed to help with, but not completely take away, 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. We cannot safely prescribe you anything stronger that can be taken without constant monitoring.

MEDICATIONS

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

- Percocet (Oxycodone/Acetaminophen)
- Norco (Hydrocodone/Acetaminophen)
- Tylenol #3 (Acetaminophen with Codeine)
- Endocet (Oxycodone/Acetaminophen)
- Ultracet (Tramadol/Acetaminophen)
- Lorcet (Hydrocodone/Acetaminophen)
- Lortab (Hydrocodone/Acetaminophen)
- Roxicet (Oxycodone/Acetaminophen)

IF you were prescribed one of these combination medications (or another combination drug containing Tylenol or Acetaminophen), YOU MUST BE CAUTIOUS ABOUT ADDING TYLENOL/ACETAMINOPHEN TO THESE MEDICATIONS. You should not exceed 3000mg of Tylenol/Acetaminophen in a 24 hour period. When taken in excessive doses, Tylenol/Acetaminophen can cause liver damage.

Do not drive or operate heavy machinery while taking narcotic medications.

Common side effects of narcotic pain medications:

- Itching, rash
- Nausea
- Drowsiness
- Constipation
 - To help avoid constipation, drink plenty of water. It is also helpful to take an over the counter stool softener such as Colace or Senokot.

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 or HAND

- Icing is very important for the first 5-7 days postoperative. While the post-op dressing is in place, icing can be continuous. Once the dressing is removed on the fifth day, ice is applied for 15 minute periods 3-4 times per day. Care must be taken with icing to avoid frostbite to the skin. 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 greater than 101.5 degrees, 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 an established support system 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 day 5 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, pools and hot tubs for 1 month after surgery.

- Take dressing off in 5 days. Cover with Band-Aids; if incision site is dry, NO Band-Aid is required.
- Post Operation (Post-Op) Visits 10-14 days from date of surgery. The date and time is included in your surgery packet.

Should you have any other questions regarding your post-operative instructions, feel free to contact us at (513) 354-7638.

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