



Providing rapid access hand care

Okanagan Hand Clinic (OHC)

Post-op Carpal Tunnel

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Patient Label:

Follow-up date, time, and location:

Date: _____

Time: _____

Location:

- Ortho Clinic – Vernon Jubilee Hospital
- Priest Valley Physiotherapy – 3411 31st ave, Vernon BC V1T 2H6

Dressing/Wound Care

- Leave the bulky dressing on for 5 days after your surgery. Then remove and cover with light dressing provided until your follow up appointment, change as necessary.
- Keep the would dry until your follow up visit with no showering or bathing

Pain Control

- The best pain control is to keep your hand elevate and apply ice
- Elevate your hand at all times for the first two weeks. When you walk around or are sitting, keep your hand elevate by your neck. When you sleep keep it elevated with two pillows
- Apply ice to area overlying incision 15 minutes on, 15 minutes off for first week and then as necessary.
- Make sure to take pain medication before the freezing wears off approximately 2 hours after the surgery
- Medications:
 - Tylenol arthritis extra strength as indicated on the bottle.
 - Naproxen as indicated on the bottle (as long as it is safe for you to take anti-inflammatories and have no significant heart or kidney disease).
 - Prescription analgesics are not usually necessary.

When to call office/go to emergency

- Uncontrolled bleeding: It is normal to have some bleeding after surgery and for the dressing to have some blood discoloration to it. Elevate the hand and apply pressure to the wound and if bleeding continues after an hour present to the emergency department.
- Infection: signs of infection are increasing redness at the incisions site, drainage from the wound, and increased pain.

Exercise

- Exercise will prevent finger swelling and stiffness, pain, and the nerve scarring down to the flexor tendons.
- Start range of motion of your fingers and wrist immediately after surgery. Gradually do more and more motion each day as the pain settles.
- Seeing a physiotherapist after surgery is usually not necessary. If you would like to, you can book to see a hand therapist at **Priest Valley Physiotherapy (250-549-2552)**.

