



BAY AREA ORTHOPEDIC
SURGERY & SPORTS MEDICINE

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DISCHARGE INSTRUCTIONS FOR CARPAL TUNNEL RELEASE OR TRIGGER FINGER RELEASE

ANESTHESIA

- You may feel dizzy, light-headed, or sleepy for the first 12-24 hours after your operation. You cannot drive, operate any mechanical or electrical devices, or drink alcohol. Do not make any important decisions for 24 hours, and as long as you are taking prescription narcotic medication.
- Most often you will have a combination of local anesthesia and mild sedation. If you receive general anesthesia it is normal to feel generalized aching, sore muscles, and have a strange taste in your mouth or possibly a sore throat. This is normal and will dissipate in 24-48 hours.
- Resume your diet gradually as tolerated.

ACTIVITY

- Rest on the day of surgery.
- You can begin gentle range of motion of the hand while in the dressing.
- Physical therapy will depend on the type of surgery and repair performed. Physical therapy will start after your first post-op appointment.

ICE / ELEVATION

- Ice (Cryocuff) the area for the first 2-3 days as necessary to reduce swelling and pain. Recommend icing at 30-minute intervals. Always keep a dry towel between your skin and the ice.
- Elevate your hand above your heart to reduce swelling.

PAIN MEDICATION

- Discomfort from the surgical site is normal and expected. Medications prescribed during your pre-operative appointment are to be taken as directed. You should have medication available to you when you leave the surgery center or a prescription will be provided.

CARE OF DRESSING/SHOWERING

- **DO NOT GET YOUR BANDAGE WET UNDER ANY CIRCUMSTANCES.** Wet bandages increase the risk for infection. Keep dressing clean and dry.
- It is not uncommon to have small spots of bleeding show up on the outer aspect of the dressing. If this occurs, do not become alarmed. This type of bleeding typically stops overnight. If it seems to persist greater than 24 hours, please call my office.
- You may remove the outer dressing in 5 days. Cover incision sites with new band-aids.
- Report to our office any fever/chills, excessive swelling, redness to skin, discolored drainage, uncontrolled pain, persistent nausea/vomiting or any other concerns. Our office number is (707) 645-7210. Phones are attended to 24 hours/day.

POST-OP VISIT

- Please call the office the next working day after surgery to let us know how you are doing and to confirm your follow-up appointment.

Patient: _____

RN: _____