

TEXAS NEURO SPINE INSTITUTE, P.A.

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Post Operative Instructions for Carpal Tunnel Surgery

- 1) Leave wrap in place for 4 days after the surgery. Also, keep arm in sling for the first 4 days after surgery. On day 5, remove the wrap and dressing, and then change the dressing with gauze and tape daily until your first visit. The dressing does not need to be air tight. The hospital will provide dressings. If you run out of dressings, you can buy more at CVS or Walgreens.
- 2) Do not get the incision wet until day 5 after the surgery. When you get ready to take a shower, take the dressing off, run water over the incision(no soap/ointments/creams), then blot dry the incision and place a new dressing.
- 3) No driving for 2 weeks after the surgery. Do not drive while taking narcotic pain medications.
- 4) You need an appointment for 2 weeks after the surgery. If you do not already have one, please call the office.
 - a. The sutures will be removed at this visit.
- 5) Call the office(214-393-5007) immediately if you:
 - a. Have a fever greater than 101
 - b. Notice drainage from the incision site
 - c. Notice redness around the incision site
 - d. Develop significant weakness/numbness not present before the surgery