

# Patient Instructions following CARPAL TUNNEL RELEASE SURGERY

Dr. Noor Alolabi, Plastic and Reconstructive Surgeon

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## FOLLOW UP APPOINTMENT

Date: \_\_\_\_\_

Location:  Fracture Clinic (Oakville Hospital)  
 Office (560-2525 Old Bronte Road)

## SURGICAL SITE CARE AFTER SURGERY

- Keep the dressing dry and in place until the follow-up appointment in 2 weeks. To shower, place a waterproof bag with an elastic band around the base to keep it dry.
- Do not perform any heavy lifting or tight gripping with the hand for 6 weeks following surgery. You may use it for light activities such as getting dressed, eating, typing, etc.
- Each day, spend at least 10 minutes three times a day making a full fist and opening the hand fully to minimize post-operative stiffness.
- The cleaning solution used in surgery is pink. Do not be alarmed if your fingertips or forearm are pink, it is not an infection.
- Your sutures will be removed at your follow-up appointment 2 weeks after surgery.
- If you notice spreading redness or drainage from the incision, you may have an infection. You should contact Dr. Alolabi's office, see your family physician, or go to the emergency room at the Oakville Hospital.

## PAIN MANAGEMENT AFTER SURGERY

- The local anaesthetic (freezing) used will last for 4-8 hours and sometimes even longer. It is a good idea to take an over-the-counter pain medication before it wears off.
- Take Extra Strength Tylenol and/or Advil as needed for the first few days after surgery.
- Keep your hand elevated when sitting or lying down to minimize throbbing and swelling.

## SCAR CONTROL AFTER SURGERY

- After 2 weeks from surgery, massage the scar multiple times a day for 2-3 months.
- Purchase "Silicone Gel" and apply over the scar for 2-3 months. This can be purchased from Dr. Alolabi's office.

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