Diet: Resume your regular diet as tolerated.

Activity: You may gradually increase your activity as your symptoms permit.

Exercises:
1. Active wrist and finger motion will help to minimize swelling and stiffness. You should not do any heavy gripping until your sutures are removed.
2. For carpal tunnel releases, you should limit you gripping to no more than 5 lbs with the operated hand for six weeks.

Medications:
1. Take any narcotic medication prescribed as directed on the bottles for the acute pain. Narcotics can cause constipation, so drink plenty of water and consider increasing the fiber in your diet or taking a stool softener if necessary.
2. If you are not on blood thinners and do not have a history of problems with ulcers or stomach acid problems, you may take a non-steroidal, anti-inflammatory medication like Motrin® or naproksen in addition to your narcotic pain medication. Once the acute pain improves, you may find that the non-steroidal, anti-inflammatory medication is all you need.
3. Resume taking your usual medications.

Wound Care:
1. Apply ice packs to the bandages over the surgical site as needed for 24 to 48 hours after your surgery to lessen swelling and improve pain. Apply for up to 15-20 minutes per hour, being careful not to cause frostbite.
2. Remove your dressings on the morning of the third day after surgery. Leave any adhesive strips applied directly to your skin in place. At this point, you may shower, and pat the surgical site dry. You should not soak your hand in a tub or pool until after your sutures are removed in the office.
3. Be sure to keep your wound clean and dry at other times. Covering the incision(s) with band-aids may serve to limit irritation.

Call the orthopaedic offices at (925)295-4130 during office hours or the advice line at (925)295-4070 outside of regular clinic hours for any of the following:
1. Fever over 101.3°F more than 72 hours following surgery, or a high-grade fever (102 to 103°F) that persists for more than four hours.
2. Significant redness at the surgical site or forearm, or pus coming from the incisions.
3. Numbness in the hand or fingers that persists more than 24 hours. Remember that local anesthetics placed during surgery can last 6-12 hours or more, sometimes even until the following morning, and temporary numbness from these can be normal.
4. Persistent pain unrelieved by elevation, ice, compression with the stockings or an ace wrap, and your pain medication.

Follow-up
Often, your follow-up appointment will be made at the time your operation is scheduled. If you do not have a follow-up appointment, please call my medical assistant at (925)295-4130 to obtain one for approximately 10 to 14 days following surgery.

Other Instructions: