

Provider: Aman Luther, MD

Endoscopic Carpal Tunnel Release – Post-Op Instructions

Caring For Your Hand/Arm

- **Motion:** Open and close your exposed fingers into a fist 10 times every hour for the first few days. This will help with postoperative swelling.
- **Lifting/ Weightbearing:** You may use your hand and fingers normally immediately after surgery. Do not lift anything over 15 lbs. for the first two (2) weeks, but all other activities are OK.

Dressing Care & Showering

- At day five (5), you may remove the outer dressing on your wrist and put a regular band aid over the wrist.
- Please try to keep the wrist incision dry until the two (2) week follow up.
- When showering, try to keep the hand away from running water.

Medications:

- Please follow your pain medication regimen with Aleve and Tylenol Arthritis as written for the first 3 to 5 days. See attached sheet.
- For any pain not controlled by over-the-counter Tylenol and Aleve, you may take a dose of Tramadol which has been called into your pharmacy. This medication can be constipating; you should use a stool softener while taking narcotics (i.e., Colace, Senokot). These can be obtained over the counter. Do not drive or drink alcohol while consuming narcotics. Do not exceed 4gm Tylenol per 24 hours.
- Home medications: Continue your regular medications unless instructed otherwise.

Post-Operative Appointment:

Your first post-operative appointment may have already been scheduled; if so, please follow up as scheduled.

If one has not been scheduled, please call **(919) 232-5020, x15754** and speak with Debbie Lilley to make an appointment.

When to call the doctor:

- Increased pain of the arm/hand/fingers after 2 to 3 days
- Temperature >101° for 24 hours
- Excessive bleeding through your dressing
- Your dressing is soiled or wet
- Numbness lasting >48 hours after surgery

Questions/Concerns?

For any questions and concerns please call **(919)-232-5020, Option 7** and ask for the following extension:

- For **Prescription Concerns**, x15763
- For **Postoperative** wounds, dressing, splints and postoperative care, x15762
- **All other questions**, x15754 and ask for Debbie Lilley. Debbie may also be reached at DLilley@wakeortho.com or through your WakeMed MyChart portal.
- If you are calling during office hours and do not get a call back within 1 hour, please ask the operator to page Dr. Luther directly.
- If you are calling after office hours, please call (919)-232-5020 and page the physician on call (follow prompts).
- If you still have not received a response from the above numbers, you may email Dr. Luther directly at aluther@wakeortho.com. Please reserve this for emergencies only.