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# **CAMDEN BONE & JOINT, LLC**

## **ORTHOPAEDIC/SPORTS MEDICINE & SURGERY**

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Orthopaedic & Arthritis Surgery  
Arthroscopic Surgery  
Pediatric Orthopaedics

Sports Medicine  
Total Joint Replacement

Ankle & Foot Surgery  
Hand & Upper Extremity Surgery  
Kyphoplasty

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<http://orthodoc.aaos.org/CamdenBoneandJoint/>

### **Carpal Tunnel Surgery Postoperative Instructions**

1. **Elevation, Motion and Use**- after carpal tunnel surgery is very important to make a full fist and straight the fingers 10 times an hour while awake. This will prevent swelling and stiffness. In addition, it will prevent scar from forming about the nerve. This will not pull out the stitches. Elevation of the hand is also important after carpal tunnel surgery to prevent swelling. The hand should be kept at a level that is higher than your heart in order to cause fluid to drain from the hand. You may use your hand for light activities such as eating, dressing and personal care. Driving is allowed once you feel strong enough to safely grip the steering wheel (about 2 weeks).
2. **Bandages** -- do not change the bandages or splint after surgery until the first post-operative visit with the surgeon. The bandages must also be kept dry. Showering should be done with a large plastic bag over the hand and securely taped just below the shoulder. By keeping the hand fully elevated it is possible take a brief shower without getting the bandages wet.
3. **Pain Medication** -- after an operation that has been done under local anesthetic or anesthetic with sedation, it is common to feel numbness or tingling in the hand for 8 to 10 hours or longer. A prescription for a pain reliever will be given to you after the surgery and we recommend that you fill the prescription, although frequently only one or two pills is necessary. The most important aspect of pain relief after hand surgery is strict elevation of the hand.
4. **Stitches and Scar Management** -- stitches are usually removed one to two weeks after hand surgery (surgeon's discretion) a massage program is then begun, using vitamin E oil/hand lotion, briskly rubbed into the scar, five minutes a day. The massage program is continued for at least one month. A thickened tender scar can develop in the weeks after carpal tunnel surgery. This massage program will reduce the likelihood that this will occur.
5. Phone numbers to reach the office during regular business hours:  
803-432-4498  
if after hours you can call Kershaw County Hospital at  
803-432-4311 and the Surgeon on call can be paged for you  
or come in to the Emergency Room