



Houston MicroNeurosurgery

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Patient Instructions after Carpal Tunnel Surgery

Care of the Incision – You will go home with your hand wrapped. Keep it wrapped and dry for 2 days. After 2 days, you can unwrap it and wash it. Cover your incision with a large Bandaid everyday for the first 2 weeks. If you wish, you may clean your incision with hydrogen peroxide and apply an antibiotic ointment to it once per day.

Use of Your Hand – To make sure your incision heals promptly, use your hand as little as possible for the first week after the surgery. After Dr. Pakzaban sees you and removes your suture, he will give you additional instructions regarding the use of your hand. Overusing your hand before the incision has healed may cause the incision to split open and heal more slowly. When the incision has completely healed, you can resume all of your activities and may use a hand exercise ball to strengthen your grip.

Pain Medications – You will receive prescriptions for pain medications upon discharge from the hospital. Take these medications only if you have pain. Try to reduce your intake of pain medications and get off them as soon as you can. You may take Tylenol instead of your narcotic pain medication. Do not take Tylenol with your pain medications, since most prescribed pain medications already have Tylenol in them. Generally a refill on pain medications is not required after this surgery.

Other Medications – Take all your medications (except aspirin and blood thinners) as you were taking them before the surgery. You can resume aspirin, plavix, and coumadin 2 days after the surgery. If you have extensive bruising on your wrist and forearm, call Dr. Pakzaban before resuming blood thinners.

Return to Work – You may return to work one day after surgery if you wish, as long as you can perform your work with your opposite hand.

Driving – You may drive when you have completely stopped taking pain medications.

Watch for Infection – Call us if you develop a fever greater than 101 degrees, redness around the incision or streaking from the incision to your forearm, or pus coming out of the incision. Some swelling and bruising around the incision are normal.

Follow-up Appointment – Call the office to arrange for a follow-up appointment soon after surgery. The first follow-up visit usually occurs within 7 – 10 days after surgery.

Call us during office hours for routine questions. For urgent problems, Dr. Pakzaban can be paged at nights and on weekends. Have a good recovery.

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