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## **DR. CHAN'S**

### **CARPAL TUNNEL RELEASE 1<sup>ST</sup> POST OP VISIT**

#### **INSTRUCTIONS & EXPECTATIONS**

- 1) Starting next week, begin massaging the scar with the lotion of your choice for **5 minutes at a time, 3x a day**. Do this for the next 6 weeks to soften the scar. Neglecting to do this can lead to a tough, thick, and tender scar.
- 2) It is normal to have some degree of mild pain, soreness, & stiffness at this stage of recovery. The scar and the surgery site can remain tender for up to 3 months or so following surgery.
- 3) You may resume activities as tolerated with the hand. **USE COMMON SENSE!** If what you are doing hurts, then stop doing it. Wait a few days until you are more comfortable and try again. Patience is key.
- 4) In advanced carpal tunnel syndrome, it is normal to have some residual numbness in your fingers after surgery. The nerve is now able to receive better blood flow (and be "watered"). *It can take up to one full year after surgery before you know what your sensation will ultimately be.* During this time, it is completely normal to feel occasional, abnormal "shocking" sensations as the nerve is healing and recovering.
- 5) Continue to use ice as needed for any increased pain or soreness after your daily activities.
- 6) As far as pain management is concerned, if you are not taking any anticoagulants or blood thinners, you may take Ibuprofen (Advil/Motrin) 600-800mg every eight hours after meals as needed. If you can't take Ibuprofen, you may take Tylenol instead.

**\*\*\*CALL OUR OFFICE (941-485-1505) IF YOU EXPERIENCE ANY OF THE FOLLOWING\*\*\***

- The incision site reopens.
- The wound begins to drain fluid.
- You develop a fever above 101F.
- OTC pain medication does not relieve the pain.