

Carpal Tunnel Release

Home Care Instructions

Carpal tunnel release procedure is to help relieve the symptoms of carpal tunnel syndrome. In carpal tunnel syndrome, a nerve in the wrist is compressed and irritated. This causes numbness and pain in the fingers and hand. Carpal tunnel release relieves the compression of the nerve. Although the tendons (the dynamic deforming forces) that cross the joint have been released, other structures stabilizing the joint, such as ligaments, may still require occupational and hand therapy to mobilize.

-Dr. Michael C. Russonella

Diet	Resume your regular diet as tolerated.
Activity	Do not plan any other strenuous activities until you have been cleared to do so by Dr. Russonella. If you received anesthesia, you may feel tired, drowsy, and nauseous. Do not operate a car or any machinery and avoid drinking any alcoholic beverages or making any legal decision for 24 hours. You may feel numbness upon waking up due to the anesthesia that you received, and it will gradually wear off. You are weightbearing as tolerated. This means you can apply pressure distal on the operative extremity to what you can tolerate.
Pain Medication	All medication is sent electronically to your pharmacy: <ul style="list-style-type: none">- An Antibiotic: which you are required to take to prevent risk of infection- A Narcotic: if you are not comfortable taking the pain medication you may take Motrin, Tylenol, Advil, or Aleve (1-2 tablets every 4-6 hours as needed) You may come off the prescription pain medication when you feel comfortable. Resume other home medications as per usual regimen. The pain medication may cause constipation; drink plenty of fluids, apple juice, and prune juice as needed. You can also use Colace 100mg by mouth twice a day. If you do not have a bowel movement within 5 days drink ½ bottle of magnesium citrate, which is sold over the counter. **If your procedure included a PRP injection: It is critical to avoid anti-inflammatory medications including Advil, Aleve, Aspirin, Celebrex, Ibuprofen, and Motrin. **
Wound Care	You will be in a splint, holding the hand/upper extremity in the position of rest. The splint will be left in place for the first 2 weeks. If it becomes wet or severely soiled, it must be replaced. <ul style="list-style-type: none">- Arthroscopic: wounds are small and are usually closed with steri-strips and a stitch. Every day you should clean the wounds with alcohol and apply a band-aid to each site.- Open: larger incision, you will need to keep it away from water until the stitches have been removed. DO NOT apply any creams or salves to the wound; this can increase the risk of infection. Do not use a hot tub, bath, or go swimming until the post-op appointment.
Return Visits	The office will call you to schedule your post-operative appointments.
Showering	After 48 hours and a dressing change you can then shower. Make sure to keep the wound dry and covered while taking a shower.
Rest	Rest today at home



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Ice Ice will help decrease pain and swelling. Ice for 15-20 minutes three times a day. You may continue to ice for several weeks following surgery. Ice to splint NOT to fingers. **DO NOT USE HEAT!!**

Compression An elastic wrap will be placed around your wrist and hand following surgery. You are to wear that wrap to also decrease the swelling. When reapplying the elastic wrap be sure not to wrap it snug on your wrist, not too tight, not too loose.

Elevate Elevate your arm when icing as well, this will decrease the swelling in your wrist/hand.

Emergency Dr. Russonella's staff is available 24 hours a day in case you experience any problems once you leave the hospital. The risk of infection is very low risk. Notify the office if you develop a fever $>101^{\circ}\text{F}$, with unusual increase in pain, redness, and warmth. Report any pus or unusual drainage to our office immediately. It could be a concern if your incisions swell or have drainage. If you encounter any problems, please call our office.

**** If you feel chest pain or shortness of breath, please go to the nearest ER for evaluation. Do not call the office or wait for an appointment; although extremely rare, this could be a blood clot in the lungs.****



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