



## **INSTRUCTIONS AFTER YOUR CARPAL TUNNEL RELEASE, ULNAR NERVE TRANSPOSITION AND/OR DECOMPRESSION, PERONEAL NERVE DECOMPRESSION**

- Remove the surgical dressing as your physician advises.
- Your incision for the carpal tunnel release will be closed with stitches. Call the office for an appointment to have them removed. If you go home with a gauze and ACE bandage dressing your doctor may want that left in place until you return to the office for stitch removal. If the ACE bandage becomes too tight, you may loosen it. Keep this dressing dry.
- The incisions for ulnar nerve or peroneal nerve releases may be closed with either steri-strips or stitches. If closed with steri-strips, just let them fall off on their own. If you have stitches, you need to make an appointment to have them removed.
- Please avoid applying any ointments or lotions to your incision.
- Keep the extremity elevated for the first three to four days.
- Avoid any bending or heavy lifting. You have an eight-to-ten-pound lift restriction until further advised by your physician (A gallon of milk weighs eight pounds).
- You may use a soft ice pack for incision pain, as needed.
- Avoid getting the stitches wet for the first three days.
- You may shower after the third postop day. Avoid soaking the incision in a tub of water.
- **FOR AN EMERGENCY AFTER HOURS OR ON A WEEKEND, PLEASE CALL THE MEDICAL EXCHANGE AT (844) 942-1558**
- Call the office for:
  - Appointment set up.
  - Fever greater than 101 degrees.
  - Increased pain, swelling, redness or drainage from your incision.
  - Trouble swallowing or breathing.
  - Pain, swelling or weakness of your legs.
  - Any other question or concerns you may have.