



ANDREAS SAUERBREY, M.D.

Instructions following Carpal Tunnel Release

**Andreas Sauerbrey, M.D.
Margo Boatner, PA-C**

Follow up appointment:

- Call **970-879-6663** to schedule your appointment next week in Steamboat, Craig or Rock Springs.
- Your sutures will be removed. Your work restriction and return to work time frame can be discussed.

Diet:

- Regular diet as tolerated.

Medication Regimen:

- Use pain medicine as directed and as needed. You will usually be given Percocet or Norco for pain. These contain Tylenol as well as narcotic medicine.
- Refer to your prescription bottle for directions.
- You may take Ibuprofen (Advil, Motrin) in addition to your narcotic.
- DO NOT take additional Tylenol.
- Do not drive while taking narcotic pain medicine.
- Narcotic medications can be constipating so we recommend using Miralax or Milk of Magnesia as directed on the bottle.

Ice:

- Icing the hand and wrist regularly can help with pain control and swelling.
- You may apply ice over the dressing for 20-30 minutes at a time.

Elevate:

- Elevate the hand above the heart to help with swelling.

Activity:

- You may bend and straighten the fingers to keep mobility.

Wound care:

- Leave your dressing in place for 3 days. If the ACE wrap feels too tight, you may loosen the ACE wrap and re-wrap it.
- Place a Band-Aid over the incision after removing the dressing.

Prophylaxis against blood clots:

- To prevent the development of a blood clot, you will be given TED hose stockings.
- You should wear these for the first few days after surgery or until you are up walking around normally.
- If you have additional risk factors for developing a clot, you may be asked to take blood thinners such as Aspirin or Xarelto.

You can expect the following:

- Increased pain on the 2nd day
- Throbbing pain after keeping the hand dependent
- Sometimes bruising on the forearm
- Tenderness around the incision

Call the doctor if any of the following are present:

- Increased swelling or numbness
- Unrelenting pain
- Fever or chills
- Bleeding through the ACE wrap
- Difficulty breathing
- Inability to urinate
- Excessive nausea or vomiting

If you have any questions or concerns, please do not hesitate to call us at 970-879-6663.