

**PLASTIC SURGERY CENTER OF ST. JOSEPH, INC.
MICHAEL DE PRIEST, M.D.**

**CARPAL TUNNEL SURGERY
Patient Instructions**

1. This is an outpatient operation. Hospitalization is not required.
2. Do not take medication containing aspirin for 2-3 weeks before the surgery, if possible, because it interferes with blood clotting. Look at the "active ingredients" on the label of the medicine. If it lists "acetylsalicylic acid," the product contains aspirin, and should avoid it. Take Tylenol instead. If you have any questions, please call your pharmacist. If you are taking Coumadin or other anticoagulants, we will ask you to stop this before surgery. Please refer to your specific pre-op instruction sheet.
3. You should arrange for a family member or friend to drive you home after the surgery.

DAY OF SURGERY:

1. Please follow the pre-op instructions regarding food and drink before your surgery.
2. If you take heart medications or drugs for high blood pressure, please take these the morning of surgery with a sip of water.
3. Do not bring jewelry or money the day of your surgery.
4. Please arrive at the facility at the scheduled time.
5. Shortly after arrival, we will give you medication to relax you before your procedure.
6. When you reach the holding area, Dr. De Priest will give you a local anesthetic into the hand to numb the operative sites.

POST-OPERATIVE INSTRUCTIONS:

1. Do not drink alcohol while taking the pain medication.
2. Your hand will be wrapped and elevated in a sling. This should stay intact for 3 days. You then can get your hand out of the bandage, shower, bathe, and do light things, such as making a fist, etc.
3. Keeping your hand above the level of your heart will decrease the swelling and pain that often accompanies hand surgery.
4. Use ice to control swelling.
5. Take pain medication only as needed and with some food. Do not take pain medication on an empty stomach.
6. You should slip out of your sling several times daily. Reach up with your hand and make a full range of motion at your shoulder. This will prevent stiffness at your shoulder and elbow. You may wiggle the fingers several times daily to keep them limber, too.
7. Your first return appointment will be 1-2 weeks after surgery. We will schedule this return appointment the day of your surgery. The number and timing of your other follow-up visits depends on your individual progress.
8. The gradual progression to normal activity takes several weeks, and each individual is different. **Avoid any activity that causes pain.**
9. If there are any questions or problems, please call the office at **816-364-6446**.

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Brenda Boller, R.N.
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