

Carpal Tunnel Release and Epicondyle Debridement – Patient Information

RUSSELL M. LAFRANCE MD

Orthopedic Surgeon & Sports Medicine

ACTIVITY:

- You should flex and extend your fingers, wrist and elbow as several times throughout the day.
- Three times a day touch your thumb to all of your finger tips.
- Do not lift heavy objects with your operative arm until you are seen in follow up.

DIET:

- Start with liquids and advance your diet as tolerated.

Medication:

- Take the prescription pain medicine (Norco/Vicodin/Percocet) as prescribed. DO NOT take Tylenol in addition to this.
- Ibuprofen or Advil can be taken in addition to the narcotic
- If you are taking prescription pain medication, you should not drive, operate machine/power tools, or drink any alcoholic beverages.

DRESSING:

- Keep your dressing clean and dry. Do not remove this until you are seen in the office.

SPECIAL INSTRUCTIONS:

- Once you are off pain medications and have full strength and motion of your wrist, then you may drive.

YOU SHOULD CALL YOUR DOCTOR FOR ANY OF THE FOLLOWING:

- Fever greater than 101.5° F
- Redness, warmth in the leg, knee, or calf
- Foul smelling drainage from the incision
- Pain uncontrolled with pain medication as prescribed by your doctor
- Persistent nausea or vomiting into the next day
- Increased swelling of your fingers or severe tightness of bandage

FOLLOW-UP CARE:

Carpal Tunnel Release and Epicondyle Debridement – Patient Information

- Your postoperative appointment 7-10 days after surgery will have been made for you when surgery was set up.