



## Post-Op Instructions for Carpal Tunnel and Trigger Finger Release

### Call 9-1-1 IMMEDIATELY if you have:

- Chest pain
- Shortness of breath
- Change in vision or slurring speech

### Call Dr. Horn's office if:

- You have a fever higher than 101 °F (38.3 °C)
- You have concerns about your incision (drainage, redness, swelling, warmth, severe pain, etc.)

### Incision Care:

- You may remove your dressing after 3 days
  - You do not need to cover your incisions but if you have spotting you may use Band-Aids
  - **DO NOT** use antibiotic ointments on your incision (i.e. Neosporin)
  - **DO NOT** use lotions, oils, or any other product on your incision unless discussed with Dr. Horn's office.
- Check your incision daily to make sure it is clean and dry
  - Bruising is normal near the surgical site. Mild bleeding from the incision is normal. Some patients may react to the solution used to sterilize the skin which can cause a rash. If you experience this, use Benadryl as directed
  - Numbness around the incision site is normal for the first couple of weeks
  - Your stitches will be removed at your post-op appointment 14 days after surgery

### Showering/Hygiene:

- You may shower 72 hours after surgery as long as the incision is clean and dry
- It is okay to GENTLY clean with soap and water if there is no bleeding or drainage coming from your incision
- **DO NOT** scrub your incision site
- **DO NOT** soak your incision in water (such as bathtub, hot tub, or swimming pool) until you are cleared by Dr. Horn

### Medications:

- You were given an instruction list for your post-op medications. Follow those instructions. If you have questions or concerns, contact the office

### Regaining Your Motion:

- You may increase to normal activity as pain allows
- No heaving lifting until cleared by Dr. Horn

### Driving:

- **DO NOT** drive while under the influence of narcotic medication

### **Preventing Constipation:**

- You may become constipated because of your pain medications, dehydration, and reduced activity
- To prevent constipation:
  - Purchase an over-the-counter stool softener and/or laxative to use before and after your surgery
  - Drink at least 8 glasses of water each day
  - Eat more fiber from fruits, vegetables, and whole grains

### **Miscellaneous**

- **DO NOT** use a bathtub, hot tub, or swimming pool for at least 1 month. It is best to check with Dr. Horn first to confirm your incision is completely healed
- Keep incision clean
- If you have questions or concerns, call our office at **281-837-8550**

### **Post-op Follow Up Appointments**

- We would like to see you in our office **14 days** after you are discharged. If you have not heard from our office within 24-48 hours of leaving the hospital, please call our office at **281-837-8550** to schedule that appointment.