

You should telephone the Dr's office to make an appointment to have your stitches removed about _____ days after your surgery.

- Dr. Crowley(250) 545-6443
- Dr. H. Hwang(250) 545.2288
- Dr. Ainslie(250) 545.6443
- Dr. G. Hwang(250) 545-6443
- Dr. Demetrick.(250) 545.6443
- Dr. Wiseman.(250) 545.6443
- Dr. Langer(250) 545.6443
- Dr. Taves(250) 545-6443



Post Operative Instructions after Carpal Tunnel Release

Healthlink BC

Dial 8-1-1
Hearing Impaired Dial 7-1-1
Talk to a Nurse 24 hours/day, 7 days/week
Pharmacist available between 5 p.m. - 9 a.m. daily
Dietitian between 9 a.m. - 5 p.m. - Monday to Friday
www.healthlinkbc.ca

Vernon Jubilee Hospital
2101 32nd Street
Vernon, BC V1T 5L2
Phone: 250-545-2211

You have had a release of your right/left carpal tunnel performed under local anesthesia. A tight dressing was placed on the wound, after the surgery by your Doctor.

This dressing will be too tight to leave on for more than an hour. The initial tightness is meant to help stop the bleeding. Therefore, a ½ hour after your surgery, prior to your discharge, the tensor or kling bandage will be loosened off.

The whole dressing should be left on for a period of _____ days. After this time the entire dressing can be taken off and you may shower. Let the water run over the wound (Avoid getting soap in the wound). A sterile bandage (available from the drug store) must be placed over the wound site. The dressing is to be changed daily after the initial dressing change.

You should move your fingers (frequently) as soon as possible after surgery. The arm itself should be elevated for at least 24 hours after the surgery. Failure to move your fingers will result in swelling and increased hand pain.

There is a small risk of infection after surgery. If you notice an increase in pain, or have a fever, sweats and chills, or the wound becomes red and has drainage call the surgeon right away.