



Florida Bone & Joint
SPECIALISTS



Steven C Kronlage, MD
1040 Gulf Breeze Parkway, suite 209
Gulf Breeze, Fl 32561
www.stevenkronlage.com
850-916-8480

POST OP INSTRUCTIONS – CARPAL TUNNEL AND TRIGGER FINGER

- Keep hand and arm elevated most of the time.
- The numbness from the surgical anesthetic usually lasts about 6 hours, although it could be longer.
- You will have a Coban dressing and a removable splint. The splint can be readjusted and even removed but should be on when you are doing even light activities, going out and sleeping.
- On post-op day _____ it is OK to remove the bandages entirely. You can wash with soapy water, but do not soak (no dishes, hot tubs) or immerse in the water.
- I want you to move your fingers freely, just don't lift anything more than a pound or two. It is important to move the fingers that had surgery so they do not get stuck. Because you had a carpal tunnel release, it may be more difficult to move. It is ok to push your finger down into your hand with the other hand to help it move.
- If you had surgery on your dominant hand, writing will be very difficult, don't push it.
- The splint is a reminder to not lift anything. Wear it when you are out and about and to sleep.
- Do not use over the counter salves, Neosporin, Bacitracin, or other ointments on the wound. Hands and fingers sweat and the wound can get macerated and open up.
- Band-aids are ok, but make sure to let the incision "breathe" as it will heal much faster with air.
- It is normal to have any type of nerve symptom. Numbness, increased/decreased feeling, shooting electrical impulse or nothing. Abnormal feelings can take some time to go away.
- Any redness increased heat, and of course, anything that looks like an infection required you to call us to be evaluated.
- You may have been given a prescription for pain medication. Most patients do not require narcotic pain medications for carpal tunnel surgery. Ibuprofen is fine to take with or in place of narcotic pain medication.
- If you do not have a follow-up appointment, please call 916-8480 for an appointment.

850.916.8480