

Notes:

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find this pamphlet and all our patient resources here:
<https://library.nshealth.ca/Patients-Guides>

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

Prepared by: Minor Procedures, QE II
Designed by: Nova Scotia Health Library Services

W085-1491 © February 2025 Nova Scotia Health Authority
To be reviewed February 2028 or sooner, if needed.

Care After Your Carpal Tunnel Surgery

Dr. Pickett

Care After Your Carpal Tunnel Surgery

- After your surgery, keep your operated hand raised up on your opposite shoulder for 24 to 48 hours (1 to 2 days). This will help to lower pain and swelling. **Do not** use a sling.
- Keep moving your fingers.
- You may feel some discomfort when the freezing wears off. Acetaminophen (Tylenol®) or ibuprofen (Advil®) may help. Follow the instructions on the package.
- Keep the dressing on and dry for 72 hours (3 days). Then take it off and wash your hand gently.
- Buy a small tube of Polysporin® ointment (not cream) at a drugstore. You **do not** need a prescription.
 - › 1 or 2 times a day, put ointment on your stitches, then cover the incision (cut) with a bandage. Change the bandage as needed.
- After your stitches are removed, massage your scar 1 or 2 times a day. This will help to soften the scar tissue.
- You will have a follow-up appointment in about 6 weeks. We will let you know the date and time.

Problems

If you see bleeding through the bandage:

- Use your other hand to put firm, constant pressure on the bandage until the bleeding stops.

If the surgical site becomes red, swollen, and tender, it may be infected. If the problem does not go away or if it gets worse:

- › Call your primary health care provider (family doctor or nurse practitioner) or Dr. Pickett's office (902-473-1667).
or
- › Go to the nearest Emergency Department right away.

If you have any other concerns:

- Call Dr. Pickett's office:
 - › Phone: 902-473-1667

Follow-up appointments

- Your follow-up appointment with Dr. Pickett is on:

at the Neurosurgery Clinic, Halifax Infirmary, 4th floor.

- You must also arrange to see your primary health care provider 10 to 14 days after your surgery. This is for a follow-up appointment and/or to have your stitches removed.