

# Ultrasound-guided Carpal Tunnel Release Discharge Instructions



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## Instructions

- You should avoid prolonged immersion of the incision site in water until the skin has completely closed.
- Remove the compression bandage in 24 hours.
- Elevating your hand above the level of the chest can treat swelling that may occur.
- You may take Tylenol or Ibuprofen as directed for pain.
- You may apply ice to the incision site as needed for pain and swelling, 20 minutes on and at least 20 minutes off. Keep a barrier between the skin and ice.
- Steristrips (tape sutures) should be left in place and will fall off on their own.
- Avoid any heavy lifting (greater than 10lbs), strenuous activity that puts stress on the wrist, or gripping objects tightly with the affected arm for **6 weeks**.

## Notify your Doctor/Seek Medical Attention if you

- Develop an extremely painful/swollen hand or fingers
- Fever greater than 101 degrees Fahrenheit
- Bleeding or drainage from the surgical site

**If you have any questions or concerns, please call our office.**

