

CARPEL TUNNEL RELEASE DISCHARGE INFORMATION

When you are discharged your hand will be bandaged. Under the bandage you will have an adhesive dressing (fixomul) over your sutures.

Your hand will usually be numb due to the local anaesthetic. This will last some hours, sometimes even overnight.

One of the most frequent problems encountered after any hand surgery is stiffness. For this reason Carpal Tunnel Release (CTR) patients are encouraged to try to get their hand moving ASAP. All that is required is repeated opening and closing of your hand whenever you can. Try to do this for at least 5 minutes every waking hour.

Dressings and Wound Care

- In the first 24 hours the bandage should be left on to minimise bruising or bleeding and you should keep your hand dry.
- After 24 hours the bandage can be removed. The fixomul dressing should have adhered and sealed the wound so you can now get it wet in the shower and just pat it dry with a towel afterwards.
- Light use of your hand is okay after 24hrs. Avoid anything really dirty that might get through the dressing and cause infection.
- Leave the fixomul dressing intact as long as possible. If it gets too grubby replace it with more fixomul. You can purchase this at most pharmacies.
- The wound should be covered with fixomul for 3 weeks.
- CTR is not an operation that you can damage or undo by early use of your hand. Anything you can do with your hand that does not hurt too much is OK.
- The Surgeon will advise of the appropriate time for removal of your stitches. This is usually 10–14 days after the procedure. You will need to call GSSC to make an appointment with our Practice Nurse for the removal of your stitches.

Use of your Hand after CTR:

Your hand will usually be numb due to the local anaesthetic. This will last some hours, sometimes even overnight. Do not hold hot drinks or use sharp implements with your operated hand in the first 48 hours.

- You can try an activity out to see if you can tolerate it without risk.
- Heavy gripping will hurt.
- Pushing with your palm will hurt.
- Impact (e.g. hammering) will hurt.

- There is a lot of variability and some people will be able to return to normal use of their hand much sooner than others.

Things to Watch Out For:

Infection is the main concern particularly in the first week. If you get a significant infection it is usually easily treated with antibiotics but it will often mean your hand will be sore for longer than usual. The usual indications of wound infection include.

- a late increase in pain
- a late increase in swelling and stiffness
- stinging or throbbing pain in the wound
- pus oozing through the dressing.

Medical Certificate

If you require a medical certificate, please ensure this is requested on the day or prior to your procedure.

If you require further advice or experience problems such as severe pain or bleeding contact our rooms on 9841 3500, or go to emergency at Albany Hospital (or the emergency department at the hospital nearest to you).