



Sacramento Orthopedic Sports & Shoulder

Greg Takenishi, MD, FAAOS

2801 K St, Ste 330; Sacramento, CA 95816

Office: 916-732-3005 Fax: 916-732-3023

www.sacorthosports.com

POSTOPERATIVE INSTRUCTIONS:

Carpal tunnel release

The procedure you have just undergone is called a carpal tunnel release. These instructions are intended as general guidelines. They may be modified due to your particular problem by your physician.

It is important, especially in the first 48 hours, that you keep your limb elevated higher than your heart as this helps reduce swelling and speeds recovery. For those who have had an upper extremity procedure, a sling will be provided and tied in such a way that this elevation will be maintained.

Days 1-3: Pain Relief and Wound Care.

Diet

1. Drink plenty of water.
2. Resume regular diet as tolerated.

Medications

1. Resume all of your regular medications as prescribed.
2. Take Tylenol 1000 mg every 6 hours. If you can take ibuprofen, take ibuprofen 800 mg every 8 hours with food.

Wound Care

1. Expect some bloody drainage on your surgical dressing. This is normal.
2. You may experience numbness, tingling, and pain in your arm after surgery. Usually this resolves over time. Please call my office if you experience worsening numbness or tingling.
3. Remove the dressing on post-op day 3. Do not remove the small tapes on the skin if they are present.
4. It is ok to shower on post-op day 3 - but no baths or pools or hot tubs. After showering, pat the area dry and cover the incision with Band-Aids. Leave your stitches/staples alone. Then replace ace bandages. You can use gauze to cover the wounds if they are draining. If they are not draining, you can keep them uncovered.
5. Use the ACE bandages and wrap from your hand to help with the swelling.
6. No baths, pools, or spa for 4 weeks and when your incision is completely healed. Dr. Takenishi will let you know when that can happen.
7. Do not submerge your wounds.

Activity - Exercises

1. Do not lift/push/pull anything with the operated arm.
2. Start moving fingers/wrist/elbow every day.

Follow-up Appointment

You should have a post-op appointment between 10-12 days after surgery for removal of sutures and re-check by your surgeon. If you do not, call 916-732-3005 to schedule one.



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Other Special Post-op Instructions:

1. Increasing pain or pain not controlled by ice or medications prescribed.
2. Large amounts of bloody drainage.
3. Foul smelling drainage from the surgical site.
4. Swelling in the calf or foot.
5. Fever (over 101F) or chills.
6. Increasing redness/warmth/hardness around wounds.
7. Inability to eat or urinate.
8. Persistent numbness and/or tingling not present before surgery, or by loosening the ACE bandage.
9. Cold or blue toes.
10. Any other signs that concern you.

If you experience any of the above danger signals, please contact the office at 916-732-3005 or 916-732-3000.

QUESTIONS/CONCERNS:

Please contact the office at 916-732-3005. You can also contact our office directly by using the Klara texting application. You can respond to the text messages sent by our office or you can initiate a new conversation by clicking on the purple "MESSAGE US" at the bottom of my webpage. www.sacorthosports.com

Greg Takenishi, MD

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Sacramento River Cats Head Team physician

San Francisco Giants Team physician

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