



**Dr. Joshua Alpert
Post-Operative Surgery Instructions:
Wrist/Hand Carpal Tunnel Surgery**

Immediately After Surgery in the Recovery Room:

- After surgery you will be taken to the recovery room, where your family can meet you. You will have a dressing on your operated extremity. The dressing and splint must remain on until your first office visit 3-10 days after surgery.
- You will have ice on your operated extremity. This is used to reduce pain and swelling. Elevating the area on some pillows often can also relieve any discomfort.
- It is OK to move your fingers, hand, and elbow.
- Keep the dressing clean and dry.
- You will receive a prescription for pain medication for your return home. Please remember to take it exactly as prescribed for the most effective results. Please note that common side effects of the pain medication are nausea and constipation. Any over the counter stool softener will work for constipation. If you have intolerable nausea, please call our office to discuss further.

After Surgery at Home:

- Keep the operated extremity in the dressing. It is OK to move your fingers, hand, wrist, and elbow.
- The dressing must ALWAYS stay on and dry. It will be removed in the office 3-10 days after surgery.
- Please do not get the wound or dressing wet. To bathe or shower, either place a plastic bag around the dressing or keep the extremity out of the bathtub. If possible, having someone help you can make this much easier and reduce risk of getting your bandages wet.

- Ice and elevate as necessary for 3-7 days. Cooling does help reduce pain, swelling, and inflammation. If you eventually notice it is no longer offering relief, you may discontinue.
- Pain medication: We will not call in medication refills after 5pm or on the weekend. Please let our office know during business hours when a refill is needed, and we will call it in per office policy.
- Physical therapy recommendations will be made during your first office visit after surgery.

First Post-Op Office Visit:

- Please arrange to see Dr. Alpert in the office 3-10 days after surgery for a dressing change and further instructions.
- After the first visit it is okay to shower and get the wound wet.
- Usually Dr. Alpert will see you for a second office visit about 14 days after the surgery for suture removal.
- Physical therapy may be set up on your first post-operative visit. An initial prescription is usually 2-3 times a week for 6 weeks. The total amount of physical therapy can last for up to 2-3 months.

If you have questions or concerns regarding your surgery or the rehabilitation protocol and exercises, please contact Dr. Alpert's office at 224.293.1170.

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