

Carpal Tunnel Release pre-surgery shopping list/information

SHOPPING LIST

*IV pole/coat rack – for approximately the first week after surgery you will need to keep your hand above heart level at all times to reduce swelling. The IV pole or coat rack is used to hold your arm up while you are sleeping. You will have a sling put on at the surgery center after your surgery and will need to utilize this to elevate hand. Simply elevating on a few pillows is not enough. If you do not elevate you will notice that your pain will become much worse.

*We will provide you with a hand splint after your surgery. If you already have one that will fit the hand that is being operated on, please bring this with you so it can be put on immediately after your surgery.

*Low sodium foods (high sodium foods will increase your swelling making you more uncomfortable) such as unsalted crackers, graham crackers, reduced sodium soups, jell-o, bananas, rice, bread for toast, etc.

INFORMATION

*Please be sure you have someone around to help you for the first few days after surgery. You will be tired and sore so you may not feel like or may not be able to perform some of the tasks you are used to performing

*You will have a lifting/pushing/pulling restriction of less than 5 pounds for weeks 1-3 of recovery and less than 30 pounds for weeks 4-6. You also may not use any type of vibratory hand tools such as lawn mowers, snow blowers, etc. for 6 weeks after your surgery. Your activity otherwise is limited to what you can do with your splint on as this needs to be worn at all times for 6 weeks. For the first 3 days after surgery you will need to shower with a bag over your hand to cover the splint and dressing. After this you may remove the splint to shower only.

*You need to have a responsible driver/caretaker with you on the day of your surgery. You may not under any circumstances take a taxi/shuttle/bus home from the surgery center by yourself. This is for your own protection and safety. You also need someone to stay with you the night of your surgery to make sure you are okay and to help you remember to take your pain pills. If you arrive to the surgery center without a driver/caretaker, you will not be allowed to have surgery.

*For 10 days prior to surgery you may not take aspirin, advil, ibuprofen, anything herbal, or any multivitamins as all of these can thin your blood causing you to bleed more than usual during surgery (if you have any questions about taking other medications not mentioned please contact Dr. Paulson's nurses at 701-255-3311)