



# **Carpal Tunnel Release**

## **Operative Care Division/Day Surgery Education**

### **■ Important Information About Your Surgery & Physician**

**Check in time.** The day before your surgery between 2:00 and 6:00pm, call 503-220-8262, ext. 56398 or 1-800-949-1004, ext. 56398. You will be informed of your surgery check in time.

Report to Clinic E, 3rd Floor of the main hospital on the day your surgery is scheduled.

If you have any questions or are unable to keep your appointment, please call the Cascade Call Center at 1-888-233-8305, option #1.

### **■ Care Before Your Surgery**

#### **What Happens in the Surgical Prep Clinic?**

- 1 The nurses talk with you about your medical history and provide education about your surgery.
- 2 A health care provider from Anesthesia talks with you about your anesthesia for your surgery.
- 3 The nurse gives you your surgery date and tells you where and when to call to get the surgery check in time.
- 4 If you are on insulin or oral medications for diabetes, your nurse or physician will give you special instructions about what to do before surgery.
- 5 If you are taking other medications, your nurse or physician will give you special instructions about what to do before surgery.

## One Week Before Your Surgery

- 1 Do not take any aspirin for 7 days before surgery. Do not take any non-steroidal medications (Ibuprofen, Salisate, Indomethicin, Naprosyn, Naproxyn, Aleve, Motrin, Advil or Nuprin) for 7 days before surgery unless otherwise instructed by your physician. Tylenol is OK to take.
- 2 If you are on Coumadin (Warfarin), your physician or nurse will give you special instructions on what to do before surgery.

## ■ Care The Day Before Your Surgery

- 1 Please review your preoperative instruction sheet. Call (503) 220-8262, ext. 56398 if you have any questions (before 6:00pm).
- 2 Do not eat any solid food or drink liquids after midnight the day before your surgery. This is very important because food or water in your stomach can cause complications with your surgery.
- 3 Take a bath or shower in the evening. Please do not shave your surgery site. This lowers the risk of infection.
- 4 Please do not smoke or chew tobacco after midnight or the day of surgery.
- 5 Try to get a good night sleep. Being rested is very important to a healthy recovery from surgery.
- 6 Do not make other plans on the day of surgery. You may be at the hospital most of the day.
- 7 After surgery, you will not be allowed to drive. **Please arrange for a ride home with a responsible family member or friend.**

## ■ Care the Day of Your Surgery

- 1 Take a bath or shower both the evening before and morning of surgery. This lowers the risk of infection.
- 2 If you are on daily medications, take them as prescribed, with a **sip of water**, unless otherwise directed. If you are on insulin or oral medications for diabetes, your nurse or physician will give you special instructions before surgery.
- 3 Leave jewelry and other valuables, including money, at home or give your valuables to a family member or friend who comes with you. If you are lodging, you will need to bring a small amount of money for snacks. Wear loose, comfortable clothing.

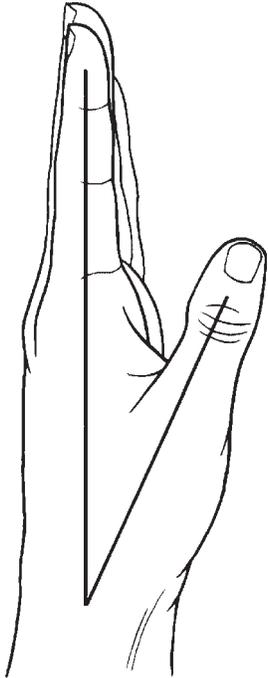
- 5 When your name is called, a nurse will help you get ready for surgery in the Day Surgery Unit. You will change into a surgical gown and be asked to get on a stretcher. The nurse puts a name band on your arm, takes your vital signs and starts an IV.
- 6 The nurses will ask you how you are feeling about your surgery.
- 7 Your surgeon and other physicians, nurses, and your anesthesiologist will visit you.
- 8 After your surgery is over, you will spend some time in the Recovery Room and then return to the Day Surgery area. You will be able to go home when you are stable.
- 9 Your nurse will offer you a light snack in Day Surgery before you go home.
- 10 Usually, you are ready to go home 1-2 hours after your surgery is finished. **Be sure you have arranged for a ride home with a responsible family member or friend.** Your physician will decide if you need to stay at the hospital any longer.
- 11 The nurse will give you written instructions to take home.
- 12 **Be sure to pick up your discharge medications** in the Pharmacy on the first floor before you go home.
- 13 Your discharge medications will include a prescription for pain medicine. Some patients may also get an antibiotic to reduce the risk of infection. If you experience severe pain, call the Cascade Call Center toll free at 1-888-233-8305, ask for option 2 (Advice Nurse).
- 14 If you have **any** questions, be sure to ask your physician or nurse before you go home.

## ■ **Care After Your Surgery - At Home Instructions**

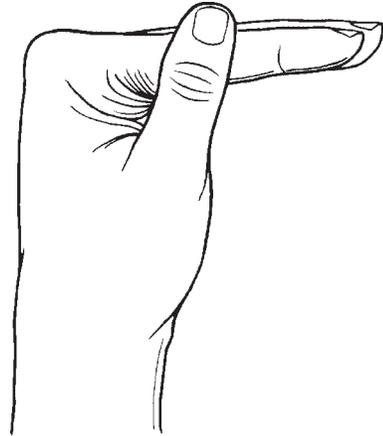
- 1 Report to your follow up appointment at the scheduled time (in your written instructions).
- 2 Take your discharge medications as prescribed. You may have some discomfort at the incision site until it heals. If you have different instructions from your doctor - follow those instructions.
- 3 Keep your dressing clean and dry.
- 4 Patients with gauze dressings may remove them in 48 hours. If you have steri strips underneath the gauze dressing, let them fall off on their own. You may shower in 48 hours, but do not soak your hand.
- 5 If you have a soft cast dressing, do not remove your dressing until your next clinic appointment. Your physician may use dissolvable sutures. Otherwise, sutures will be removed at your clinic appointment.

- 6 You may resume your usual diet as soon as you leave the hospital.
- 7 Do not lift anything over 10 pounds until you see your physician at your follow up appointment.
- 8 The physician will tell you when you can drive your car at your follow up appointment.
- 9 Keep your arm elevated above your heart for the next 48 hours. This helps decrease pain and swelling.
- 10 Perform your hand exercises at least 6 times per day to improve strength and range of motion. When you leave the hospital, you will be told when to start these exercises.
- 11 If you have a soft cast dressing, do not perform hand exercises until your next clinic appointment.
- 12 Do not take **any** aspirin or ibuprofen products (Motrin, Advil, Nuprin) for at least 4 days after surgery. This can increase the risk of bleeding.

# "Six-Pack" Exercises



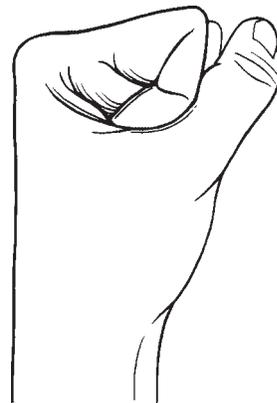
**1. Arrow**



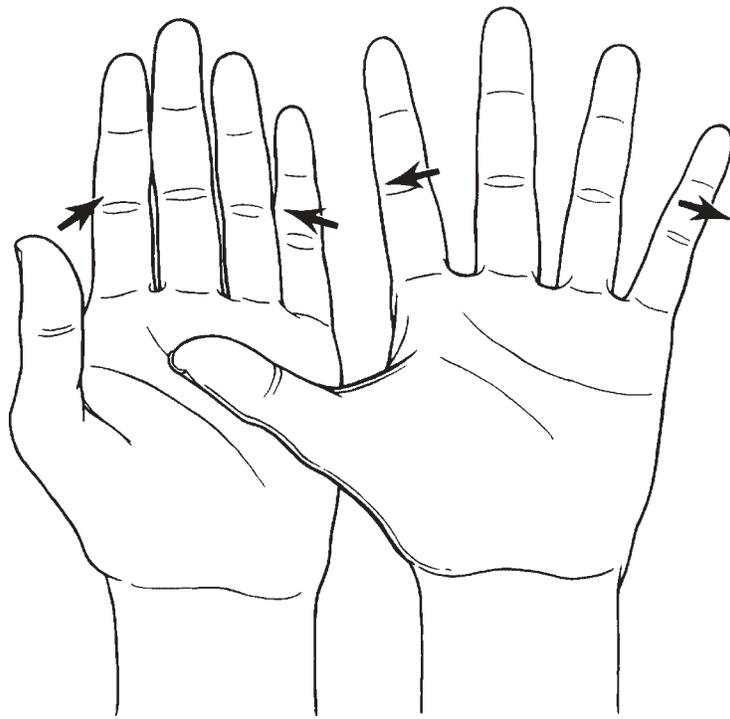
**2. Table-top**



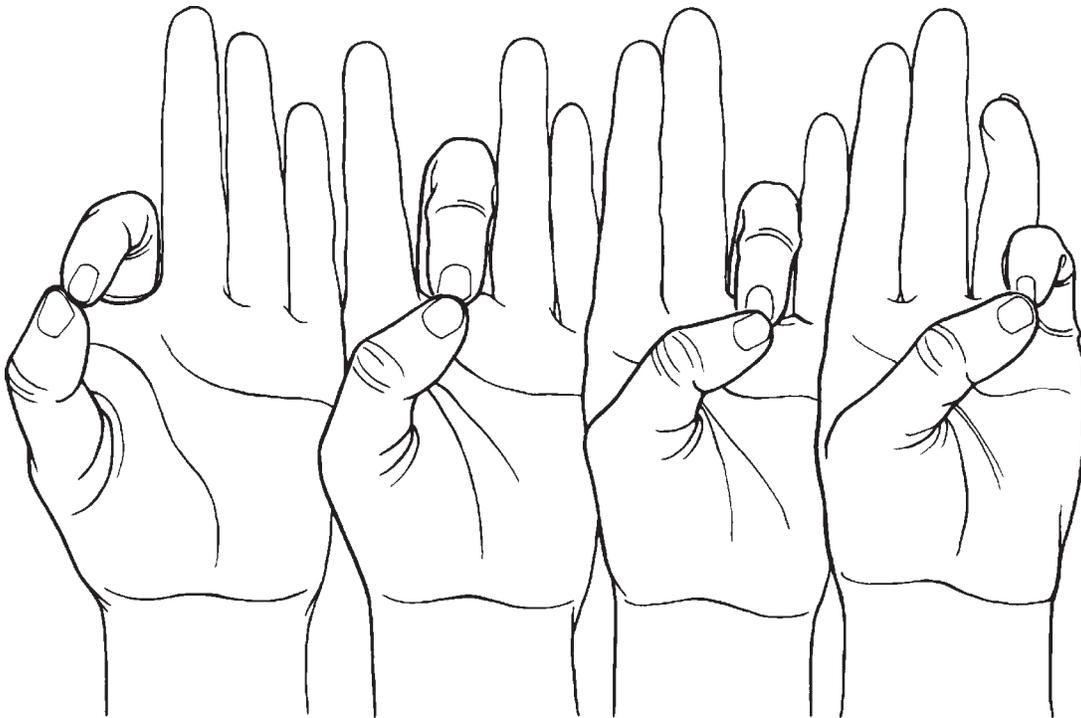
**3. Claw**



**4. Fist**



**5. In-and-Out**



**6. Thumb-to-Tip**