Postoperative Instructions For Dr. Momtazi's Carpal Tunnel Patients

These instructions are designed to help you care for your hand and obtain the best possible results.

Dressings

- Please remove all dressings two days after your surgery; at this time, you should start daily showers
- Bruising to your wrist and swelling to your hand is completely normal and expected

Showers

- Gently wash all of your skin, including the area where you had your surgery, daily using mild soap and water
- Any soap is ok, but avoid fragrances
- Do not use alcohol or peroxide to clean your skin
- After washing, pat all areas dry and leave open to air
- If you wish to cover the area, you may reapply a light gauze dressing
- Do not apply creams, moisturizers, oils, or other products on or near where you had your surgery

Pain

- Pain to the area where you had your surgery is normal and expected; this should improve over several days
- If you have pain, start by taking BOTH Tylenol (acetaminophen) and Advil (ibuprofen) together, as ordered
- It is safe to take Tylenol (acetaminophen) and Advil (ibuprofen) at the same time (unless otherwise directed)
- If you continue to have pain, you can ADD the prescription pain medication ordered by your doctor
- It is safe to take Tylenol, Advil and prescription pain medication at the same time

Activity

- No strenuous activity (nothing that will increase your blood pressure) for 2 weeks minimum
- Gently moving your fingers and wrist is ok
- Activities such as showering, cooking and moving around your home are ok
- No lifting greater than 5 pounds with your affected hand for 2 weeks minimum

Follow up

- Dr. Momtazi will see you in follow up on _____

Questions

- If you have questions about your carpal tunnel surgery, please call our office (613) 737-8899 ext. 73480
- We are available Monday to Friday from 8:00 AM to 3:00 PM

Urgent concerns/emergencies

- For urgent or emergent concerns outside of regular office hours, please call (613) 737-8899
- Tell the operator that you are Dr. Momtazi's patient and ask to speak with the plastic surgeon on call

DR. MOEIN MOMTAZI