

## Carpal Tunnel, Trigger Finger Release or Removal of Arthritic Nodules - Orthopaedics

**Day of Surgery** remember to bring 2-3 pillows, leave in the car so they are available to elevate your arm on the way home.

### Care of the Surgical Site

- Remove the dressing in 48 hours unless instructed otherwise by your surgeon.
- Once the dressing has been removed you may shower and gently wash the incision with soap and water. Pat the incision dry.
- Do not swim or soak in bath, hot tub or swimming pool for 2 weeks. Do not wash dishes.
- Do not apply any creams, lotions or powders on the incision.
- To help reduce swelling and pain:
  - Keep your arm elevated above heart level (supported on pillows) up to 5 days
  - Use a covered ice pack front and back; apply for 20 minutes 4 times a day for 48 hours.

### Activity

- Wiggle your fingers and open and close your fist 4 times every hour.
- Ask your surgeon when you can return to work and drive.
- **Do Not** until told otherwise by your surgeon or therapist
  - Lift or carry anything with your operative arm greater than 1lb.
  - Push or pull anything including opening and closing doors with your operative arm.

### Follow up

- Keep your follow up appointment with your surgeon. If you do not receive an appointment or need to change it, please call the surgeon's office to make other arrangements.
- If you have concerns about your care, please contact your surgeon **between 8:00 am to 4:00 pm**.
- **After 4:00 pm**, call St. Joseph's Health Care London, 519-646-6000 and ask for the Orthopaedic resident on call until **10:00 pm**.
- **For after-hours assistance between 10:00pm to 9:00am**, please go to your local emergency room or urgent care centre.

Pain pill prescriptions cannot be renewed after 4:00pm. If you think you will run out of pain medications, please contact your surgeon's office between 8:00 am and 4:00 pm. You may also contact your family physician for renewals.