



Patient & Family Guide  
2022

# Care After Your Carpal Tunnel Surgery

Dr. Pickett



[www.nshealth.ca](http://www.nshealth.ca)

# Care After Your Carpal Tunnel Surgery

- After hand surgery, keep your hand elevated (raised up) on your opposite shoulder for 24 to 48 hours (1 to 2 days) to lower pain and swelling. Keep moving your fingers.
- **Do not** use a sling.
- Keep the dressing on and dry for 3 days, then then take off the dressing and wash your hand gently.
- Buy a small tube of Polysporin® ointment (not cream) at a drugstore. You do not need a prescription. Apply the ointment to the suture line (stitches) one or 2 times a day then cover the incision (cut) with a bandage. Change the bandage as needed.
- After your sutures are removed, massage your scar one or 2 times a day. This will help to soften the scar tissue.
- You will have a follow-up appointment in about 6 weeks. Dr. Pickett's office will notify you of the date and time.
- You may feel some discomfort when the freezing wears off. Usually acetaminophen (Tylenol®) or ibuprofen (Advil®) will help.

## Problems

- If there is bleeding through the bandage, apply firm, constant pressure with your hand until the bleeding stops.
- **If the surgical site becomes red, swollen, and tender, it may be infected. If the problem does not go away or gets worse, call your primary health care provider or Dr. Pickett, or go to the nearest Emergency Department right away.**
- If you have any other concerns about your surgery, call Dr. Pickett's office:
  - › Phone: 902-473-1667

### **Follow-up appointment:**

Your follow-up appointment is on

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at the Neurosurgery Clinic, 4th floor  
(Robie Street entrance), Halifax Infirmary.

Arrange to see your family doctor or nurse practitioner in 10 to 14 days for a follow-up appointment and/or suture removal.

# Notes:

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Find this pamphlet and all our patient resources here: <https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

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The information in this pamphlet is to be updated every 3 years or as needed.

