**Postoperative instructions carpal/cubital tunnel release**

**Diet**: please avoid salty foods since it can make swelling worse

**Showering**: Until sensation returns to normal in the operated hand please do not grasp things that may be hot, otherwise you may burn yourself and not recognize it.

The day after the procedure, to shower, you may remove the dressing and splint. As you remove the splint please pay attention how the splint fits, since you will need to place it back on in that same fashion. A good way of remembering how it fits is to take photographs of the splint. Do not get the splint wet.). You can shower and get the wound wet, but do not scrub the wound. You may reapply a dry gauze as needed.

One week after your operation please remove and dispose of your splint. At that point if you wish to apply a simple gauze dressing that is ok.

**Activity**: You are encouraged to begin to move the hand immediately after the procedure. This will prevent stiffness and scar formation between the tendons and the surrounding structures. Your goal is be to make a complete fist at least 20 times every half-hour while you are awake. Avoid lifting up anything heavy with the operated hand since that hand will be very tender for some time.

**Medications**: If your hand swells up, throbs, or you have pain, please elevate it above your elbow.

For pain if you are not allergic to it, start with Tylenol 650 mg as needed every four hours. If you need anything stronger please use the prescription Dr. Chattar Cora has given you. If you do take the prescribed medication please do not drive or operate any machinery that may harm anyone. If you are given an antibiotic please take the prescribed antibiotics as directed.

Resume any medications that you were taking before the operation as previously taken, continue your normal diet.

**Follow-up**: with Dr. Chattar Cora within one to two weeks. During normal business hours please call 210-265-1924 for an appointment that is convenient for you.