



Tuality Orthopedic, Sports, Spine & Rehabilitation Center

A member of the Tuality Healthcare family.

Dr. Jakub Langer's Postoperative Instructions – Carpal Tunnel

- Keep your dressing dry.
- You may take your dressing/splint off in 4-5 days and place a band-aid over the incision. If there is no drainage, you can get the incision briefly wet in 5 days in the shower. Dry off immediately after shower. Please no soaking, swimming, dish washing, or baths! If you prefer, you may keep your postoperative dressing on until you come back to clinic. Please be sure to keep it clean and dry.
- If you choose to remove the dressing to shower after 5 days, place a large band aid over the incision and use a Velcro carpal tunnel wrist splint that you may have at home if desired.
- It is okay (and encouraged) to move your fingers as much as possible right after surgery. This will help the swelling and keep you from getting stiff.
- Your follow up will be 10-12 days after your surgery. Please call the office to schedule a time to get your stitches out if you do not yet have a follow up appointment.
- Observe your IV site for the first 48 hours following your surgery. If redness or swelling occur, warm or cool compresses will usually clear it up. If this persists, call your physician.
- **Do not** drive a car or operate machinery, including kitchen appliances for 24 hours following your surgery or if on narcotics.
- **Do not** make any important legal decisions or sign any important papers for 24 hours following your surgery.
- **Do not** use ointments, creams, or lotions on your incision.

The staff at Tuality Community Hospital hope your stay was as pleasant and comfortable as possible. Please do not hesitate to call us with questions you have about this stay or any future need you may have for our services.

Tuality Community Hospital: 503-681-1111 Dr. Langer's Office number: 503-844-8219