

Did your doctor tell you that you have developed an infection related to your surgery?

If YES, please call the Infection Prevention Control office at LWDH

(807) 468-9861 extension 2362

*Thank you for helping us ensure quality care.*

***Lake of the Woods District Hospital***

21 Sylvan Street

Kenora, ON

P9N 3W7

Telephone (807) 468-9861

**DISCHARGE  
INSTRUCTIONS  
for  
CARPAL TUNNEL**

1. Unless otherwise instructed, you may resume your usual diet today. If you feel uncomfortable, stay on clear fluids until the feeling passes. Drink plenty of fluids until your appetite returns to normal. If nauseated, avoid milk products until settled.
2. Restrict your activity and rest for the remainder of the day.
3. **If you have a tensor or splint on your wrist**, leave it on as directed by your physician (approximately 1 week). You may loosen or tighten as needed for swelling. Once it is removed, resume normal activities.
4. If you **do not** have a tensor or splint, resume activity as tolerated.
5. When your affected limb is not in use, it is beneficial to keep it slightly elevated resting on a pillow for the first 24 hours. This will help minimize swelling and pain.
6. Avoid lifting to avoid stress on the affected limb. Your physician will advise when you can resume lifting.
7. You may shower, but try to avoid *saturating* the incision with water. Pat the incision dry. Avoid using soaps, powders and lotions.
8. Resume medications as before your procedure unless otherwise advised. Take any prescribed pain medications as directed for discomfort.
9. Your physician will advise you when you may return to work.
10. **If you have been given anesthesia or sedation;**
  - **Do not drive** or operate machinery for 24 hours.
  - Do not make important decisions or sign any important documents in the next 24 hours. Do not plan any activities that require complex thought or coordination for 24 hours.
  - Do not consume alcohol, tranquilizers or sleeping medications for the next 24 hours.

- Sedative and narcotic medicines given during a surgical procedure may linger for hours. You may feel dizzy for several hours afterwards.
- **You must have an adult with you tonight at home.**

**11. Go to an Emergency Department if any of the following occur:**

- Excessive pain not relieved by medications
- Nausea or vomiting not relieved by over the counter medications
- Unusual bleeding
- Redness, swelling or drainage of pus from incision
- Elevated temperature (over 38°C or 100°F)
- Excessive tightness caused by the splint or tensor and inability to adjust.
- Any swelling, blueness, coldness, tingling or numbness of the fingers

**FOLLOW-UP**

Make an appointment to see Dr. \_\_\_\_\_

in \_\_\_\_\_ Phone Number \_\_\_\_\_

**If you have any questions, please do not hesitate to call your doctor.**

Special Instructions:

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