

# **MATTHEW J. DUBIEL M.D.**

Shoulder and Elbow Surgery  
www.mdubielmd.com

## **Endoscopic Carpel Tunnel Release**

### **DIET**

- Begin with clear liquids and light foods (jello, soups, etc.)
- Progress to your normal diet if you are not nauseated

### **WOUND CARE**

- Maintain your operative dressing, loosen bandage if swelling of the elbow, wrist, or hand occurs
- It is normal for the incisions to bleed and swell following surgery – if blood soaks through the bandage, do not become alarmed – reinforce with additional dressing
- Keep your dressings on until your appointment
- You can shower two days after surgery. Keep your dressings clean and dry, you may need to cover with garbage bag.

### **MEDICATIONS**

- You may have had numbing medication injected near your wound and this should wear off between 12 and 24 hours.
- You may use acetaminophen (Tylenol) and Ibuprofen (Advil) for pain management. Alternating between the Tylenol and Ibuprofen allows you to maximize your pain control.

### **ACTIVITY**

- No use of your operative hand
  - Do not engage in activities which increase pain/swelling over the first 7-10 days following surgery
  - May return to sedentary work ONLY or school 1-2 days after surgery, if pain is tolerable
- \*May apply ice pack up to 20 minutes every hour for the first 72 hours to help reduce swelling. Do not place ice pack directly on skin

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### **\*\*Emergencies\*\***

- Contact Dr. Dubiel or his team at 231-935-5880 if any of the following are present:
  - Painful swelling or numbness
  - Unrelenting pain
  - Fever (over 101° – it is normal to have a low-grade fever for the first day or two following surgery) or chills
  - Redness around incisions
  - Color change in wrist, hand, or lower extremity
  - Continuous drainage or bleeding from incision (a small amount of drainage is expected)
  - Difficulty breathing
  - Excessive nausea/vomiting
- If you are experiencing an urgent need that cannot wait until normal business hours, call 231-935-5000 to be connected with the Munson Switchboard and ask for the Munson Orthopedic Institute on-call physician to be paged.
- If you have an emergency that requires immediate attention, proceed to the nearest emergency room.

If you do not already have a postoperative appointment scheduled, please contact the scheduling office during normal office hours 231-935-5880