

Gregory F. Ricca MD, FAANS, FACS  
Neurological Surgery

**SEARCY MEDICAL CENTER**  
An Outpatient Department of  
White County Medical Center

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**Instructions for \_\_\_\_\_ Following Carpal Tunnel Release**

1. Keep your hand above your heart as much as possible. Sleep with it elevated on two pillows. This will decrease swelling, decrease pain, and speed healing.
2. Take your pain pills if needed but do not take more than prescribed. Try to spread them out as we do not refill pain medication for this surgery.
3. Do not drive or operate machinery while taking your medications.
4. **NO SMOKING!!** This greatly inhibits healing and increases the risk of infection.
5. Please keep your bandage on and dry for 5 days. After that you may shower, and get your hand a wet. Prior to showering, please remove your bandage. After showering, rinse off your incision with clean water and then pat it dry. Do not soak your incision. You may place a new bandage on the incision only after it is completely dry. A clean dry wound will almost never get infected. A moist wound greatly increases the risk of infection.
6. **Notify us (call) for temperature above 101 degrees, drainage from your incision or “breaking open” of your incision.** Some swelling, hard knots, and bruising may be present. These will go away eventually.
7. Please contact us (501-278-8330) if you have any problems or questions. If you need to speak with someone after hours, call WCMC hospital and ask for the doctor on call for Dr. Ricca.
8. You may return to work whenever you feel able. Please contact us if you need a release to return to work prior to your follow up appointment.
9. Two weeks after surgery please begin gentle stretching exercises by bending your fingers and thumb backward.
10. Your follow-up with Dr. Ricca is on \_\_\_\_\_ at \_\_\_\_\_.