

## Carpal Tunnel, Trigger Finger Release or Removal of Arthritic Nodules - Plastics

### Day of Surgery

- Bring 2-3 pillows so you can elevate your arm on the way home. Please leave pillows in your car during your surgery.

### Care of the Surgical Site

- Remove the dressing in 48 hours unless your surgeon tells you otherwise.
- Once the dressing has been removed, you may shower and gently wash the incision with soap and water. Pat the incision dry.
- Do not soak in a bath or use a hot tub or swimming pool for 2 weeks. Do not wash dishes.
- Do not apply any creams, lotions or powders on the incision. You may apply a small amount of antibiotic ointment (e.g. Polysporin, Bactroban) to the incision and cover with a band-aid.
- To help reduce swelling and pain:
  - Keep your arm elevated above heart level (supported on pillows) for up to 5 days
  - Use a covered ice pack front and back; apply for 20 minutes 4 times a day for 48 hours.

### Activity

- Wiggle your fingers and open and close your fist 4 times every hour.
- Ask your surgeon when you can return to work.
- You may drive 24 hours after your surgery unless your surgeon tells you otherwise. Waiting 24 hours before driving helps to make sure that the anesthetic medications are out of your body.
- Increase the amount of lifting, gripping and pushing with your hand. Do as much as you can tolerate guided by your level of pain. If it hurts excessively, avoid the activity.

### Follow up

- Keep your follow up appointment with your surgeon. If you do not receive an appointment or need to change it, please call the surgeon’s office to make other arrangements.
- **For after-hours help**, call St. Joseph’s Health Care London, 519-646-6000 and ask for the plastic surgery resident on call.
- Please note that calls for pain medications cannot be accepted between the hours of 10 pm and 8 am. Call your surgeon’s office during working hours if a renewal is required.