



Post-Operative Carpal Tunnel or Trigger Finger Instructions: Dr. Best

Carpal Tunnel

- Keep arm elevated above the level of your heart using a sling for 2-3 days.
- While arm is in sling, bring arm overhead and extend arm out several times a day
- Elevate arm on pillow when lying down.
- Keep original dressing on until your next appointment with Dr. Best.
- Keep dressing clean and dry. Place 2 bags over hand and close tightly to keep hand dry when showering.
- Start moving your hand the first day. Open and close hand into a full fist several times a day.
- Let comfort be your guide.
- No heavy lifting with operative hand.

Trigger Finger

- Keep bandage on and dry for 24 - 48 hours. If you are a diabetic, keep original bandage on until seen by Dr. Best in the clinic.
- After 24 - 48 hours (if diabetic: after seeing Dr Best): remove bandage and wash hand with soap and water. Clean incision with Peroxide and apply new bandage daily. Change bandage if it becomes soiled.
- Let comfort be your guide in the use of your hand.
- If a sling is needed, keep it on for 1-2 days. Elevate hand on pillow when lying down.

INFORMATION

Patient