

Uchechi Iweala MD, MBA
Orthopedic Spine Surgeon
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Post-Operative Instructions: Carpal Tunnel Release

- You had surgery to release your carpal tunnels in both hands
- Avoid lifting anything heavier than 10 pounds for the next 2 weeks
- You should keep your dressing on, clean, and dry until 3 days after your surgery date. If you need to shower, please avoid getting water on your dressing or otherwise sponge bathe.
- You may remove your dressing after day 3. You may shower and allow water to touch the surgical site, but do not scrub the surgical site vigorously.
- After your shower, replace your dressing with regular gauze and tape or a Band-Aid.
- Take the following pain meds as prescribed:
 - Oxycodone 5 mg, 1-2 tablets every 4 hours as needed for pain
 - Acetaminophen 650 mg every 6 hours as needed for pain
- You may resume your home medications.
- Do not drive while on narcotics.
- Schedule your first follow up appointment for 2 weeks after your surgery date by calling Dr. Uchechi Iweala's office at (410) 644-1880.
- If you develop shortness of breath, chest pain, copious wound drainage or other concerning signs or symptoms, then call Dr. Iweala's office number or go to your nearest ED.
- Congratulations on successfully getting through your surgery!