



**Robert S. Williams, MD**  
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Spine Surgery • Orthopedic Surgery • Joint Replacement Surgery • Orthopedic Trauma

### **Post Op Cubital Tunnel/Carpal Tunnel/Trigger Digit Release**

- If you experience nausea or vomiting due to certain anesthetics or pain medications, please contact our office for assistance while at home.
- When you first awaken from surgery, you may have only minimal pain. This is because of the local anesthetics. They should wear off in 4-8 hours, at which time the pain may increase in intensity. A prescription for pain will be e-prescribed to your pharmacy on record. Use the medication as needed. Most patients only require pain medication for a few days and can switch to OTC NSAIDs or Tylenol.
- Monitor your surgical dressing for signs of excessive bleeding. If you notice an unusual amount of blood, contact our office immediately. You may remove the operative dressing 3 days post-surgery and replace it with waterproof bandages over the incisions. Please refrain from submerging the affected area in water and avoid putting weight on the operative wrist/hand.  
Special note - If you had a CUBITAL TUNNEL RELEASE, remain in your splint until your post-op appointment.
- Notify your physician for:
  - A. Temperature over 101.5 degrees or severe chills.
  - B. Severe pain not relieved by prescribed medications.
  - C. Numbness, redness, or tingling of operative extremity.
  - D. Excessive swelling, paleness or coldness of operative extremity as compared to other.
- Elevate operative extremity using several pillows as needed. If able, move fingers and hand to assist with reducing swelling (open/close, stress ball, putty). Swelling of the hand and fingers is a normal post-surgery occurrence.
- Expect a call from our staff the day after your surgery to check on your progress and address any question you may have.
- Ice operative site for 20 minutes every hour as needed for symptomatic relief.
- Additional advice: If you are taking pain medication, make sure to drink plenty of water and incorporate fiber into your diet to prevent constipation.
- Keep your post-operative appointment at Coastal Orthopedics.

**Questions/concerns? Call our office staff - (361) 994-1166.**