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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 at home.

When you first awaken from surgery, you may have minimal pain. The local anesthetics will wear off in 4-8 hours, when 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 three 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:

- Temperature over 101.5 degrees or severe chills.
- Severe pain not relieved by prescribed medications.
- Numbness, redness, or tingling of operative extremity.
- Excessive swelling, paleness, or coldness of operative extremity.

Elevate operative extremity using several pillows as needed. If able, move fingers and hand to reduce swelling (open/close, stress ball, putty). Swelling of the hand and fingers is a regular post-surgery occurrence.

Expect a call from our staff the day after your surgery to check your progress and address any questions you may have.

Ice operative site for 20 minutes every hour as needed for symptomatic relief.

Additional advice: If you are taking pain medication, 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.