

Dr. Jothi Murali-Larson
SMART Orthopaedic Surgery
Carpal tunnel release/trigger finger release/wrist cyst excision
Postop Instructions

Dressing:

Keep your dressing clean and dry until your postop appointment. For showers, use a waterproof bag. Or, take baths to ensure your dressing stays dry.

Activity:

You should regularly wiggle your fingers. Keep your arm elevated as much as possible. You may use the arm for light daily activity as tolerated.

Swelling:

Swelling of the fingers is quite normal and will persist for several weeks after surgery.

Ice:

Place ice on top of your incision at least 3 times per day for 20-30 minutes. Ice helps with pain and swelling.

Pain medication:

Make sure to take your pain medication regularly for the first few days to try to keep the pain under control.

Postoperative appointment:

You should have an appointment scheduled with Dr. Murali in 7-10 days. You will be called by both the surgery center and the office on the day following surgery (or Monday if your surgery is on a Friday) to see how you are doing and if you have questions. Your postop appointment will be confirmed at that time as well.

Questions/concerns?

Please call the office at 408 364 1673.