



## CARPAL TUNNEL RELEASE SURGERY (OR OTHER HAND SURGERY) PREADMISSION

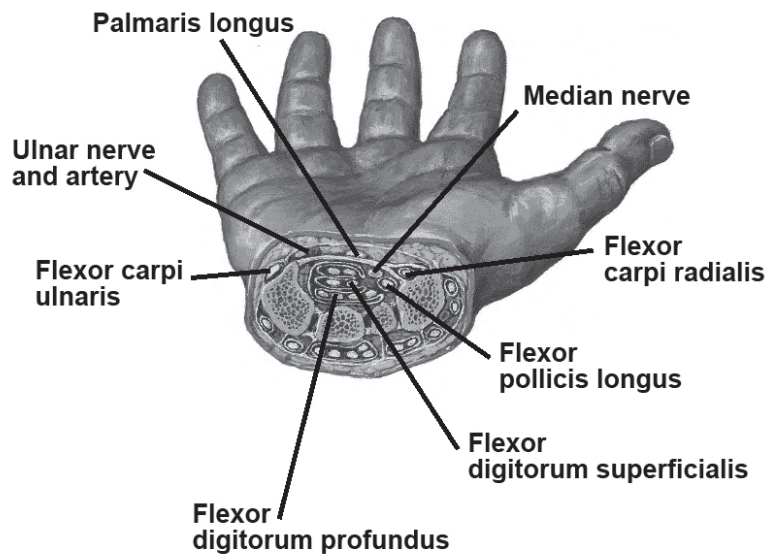
What you need to know

Your well-being  
and comfort are  
our main concerns.

Here are our  
recommendations for  
a speedy recovery.

### Carpal tunnel release surgery

Carpal tunnel release surgery involves removing part of the ligament that forms the roof of the carpal tunnel. This takes pressure off the median nerve and enlarges the tunnel.



#### Hôpital Barrie Memorial

28, rue Gale, Ormstown  
450-829-2321, ext. 3249

Surgery date:

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Arrival time:

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Go to the reception desk  
in Day Surgery.

If you need to cancel your surgery,  
call **450-829-2321, ext. 3249** at least  
**48 hours in advance**. Out of respect  
for other users, cancellations  
are moved to the bottom of the  
waiting list.

### Recovery

Your surgeon will discuss your recovery time with you.



# CARPAL TUNNEL RELEASE SURGERY (OR OTHER HAND SURGERY)

## What you need to know

### Things to watch for

**In addition to possible complications after any surgery, watch carefully for:**

- Any significant change in your fingers, for example, if they change colour (turning white or blue), or become cold or sensitive, or if you have trouble moving them;
- Any sign of infection once the dressing is removed, for example, redness, heat, or a yellowish or greenish discharge from the incision;
- Fever higher than 38°C.

### As needed, call:

- **Info-Santé at 811**
- The Day Surgery nurse or receptionist (Monday to Friday, from 7:30 a.m. to 3:30 p.m.), at **450-829-2321**, ext. 3248 or 3249

### Post-operative advice

- Avoid overexerting your operated hand.
- Keep your operated hand elevated (above your heart).
- Do not remove your dressing or get it wet until your doctor's appointment or as directed.
- Open and close your fingers **10 times per hour (without overexerting yourself)**, as per your surgeon's instructions.
- Do not use a sling to support your operated arm (except on the advice of your doctor), as this can cause numbness in your shoulder and elbow.
- If you had regional or local anesthesia, you can eat normally once you get home, unless you are experiencing nausea (in that case, start with liquids first and increase as tolerated).
- Unless you had local anesthesia (with no other medications), you cannot drive or be alone for the first 24 hours.
- For the first eight weeks, avoid repetitive movements involving the operated wrist.

### Get well soon!

#### Our mission

To maintain, improve, and restore the health and well-being of the Québec population by making accessible an array of integrated and quality health and social services, while contributing to the social and economic development of Québec.

#### Our vision

Accessible and efficient health care and services that adapt to the needs of Québécois.

#### Our goals

The CISSS de la Montérégie-Ouest achieves its goals through its innovative approaches and stands apart through:

- its exemplary offer of care and integrated services based on interdisciplinarity, accessibility, and adaptability to the needs of its population;
- its willingness to question and improve its professional, clinical, and administrative practices;
- its appreciation of its personnel and the implementation of human resource management practices;
- its strong relationships with its partners.

#### Our values

Our actions are guided by five equal and interconnected values: compassion, collaboration, commitment, confidence and consistency.