Darin W. Allred, MD
ORTHOPEDIC SURGERY & SPORTS MEDICINE

Getting Ready for Your Carpal Tunnel Release

"This is a small operation with a big payoff — a little preparation makes it go perfectly." — Dr. Allred

YOUR MOST IMPORTANT TASK

Take your Carpal Tunnel Class

A short online class that walks you through everything — before, the day of, and after. Point your phone camera at the code.

Scan →

darinallredmd.com/carpal-prep

As soon as surgery is scheduled

- [ ] **Learn about your surgery.** Read the carpal tunnel handout at darinallredmd.com/patient-education, or do your own research on Google. The more you know, the calmer surgery day feels.
- [ ] **Take your rings off both hands now.** Swelling can make them dangerous, and we cannot operate with one on.
- [ ] **Line up a driver.** Your hand will be numb and bandaged when you leave — a driver is required even if you choose local numbing only.
- [ ] **Tell us every blood thinner you take** (Coumadin/warfarin, Eliquis, Pradaxa, etc.). Do not stop them on your own — we will give you a specific plan.
- [ ] **Choosing sedation or general anesthesia?** Schedule a history & physical (H&P) with your primary provider — required within 30 days of surgery. GLP-1 medicines (Ozempic, Wegovy, Mounjaro, Zepbound): for weight loss only, stop at least 2 weeks before; for diabetes, ask your prescriber.

One week before

- [ ] **Stop aspirin and anti-inflammatories** (ibuprofen, Aleve, naproxen) — unless your doctor prescribed aspirin for your heart. Tylenol is fine that week.
- [ ] **Stop blood-thinning supplements:** fish oil, vitamin E, garlic, ginkgo, ginseng, turmeric.

Five days before

- [ ] **Start the skin washes.** Buy CHG soap (chlorhexidine / Hibiclens 4%) and wash from the neck down daily for the 5 days before surgery, plus the morning of. Use a clean towel and clean clothes each time.
- [ ] **Do not shave your arms** during those days.

The day of surgery

- [ ] **Local numbing only: eat normally — have breakfast.** There are no fasting rules with local anesthesia. Take your normal medicines (minus the ones we stopped).

- [ ] **Sedation or general: no solid food, gum, or mints after midnight.** Clear liquids are encouraged up to 2 hours before your arrival time. Take routine medicines with a small sip of water — except diabetes medicines: hold those and bring them along.
- [ ] **Morning CHG wash; no lotion on your arms.** Wear a top with loose or short sleeves.
- [ ] **Jewelry off, valuables home, driver arranged.** Arrive at your scheduled time — a nurse will call the week before with details. Please pick up.

Prefer the phone? Call the clinic where your surgery is scheduled — the numbers are on our website and your paperwork. It is always better to ask than to guess.