

# Carpal Tunnel Release



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## POST CARE INSTRUCTIONS

- ◆ It is important to keep your hand elevated at all times during the first week. Failure to do so will result in increased swelling and discomfort, as well as delaying wound healing and recovery.
- ◆ The splint can be removed seven days following surgery. Please reapply use your regular carpal tunnel splint and use the majority of time for an additional three weeks after you remove the original splint. You then can begin washing directly over the incision with regular soap and water. Avoid being too rough with the stitches, so they do not break. Apply polysporin ointment two-three times daily. Then replace with a new bandage to protect the incision area.
- ◆ The stitches are dissolving and they usually take several weeks to dissolve. A follow-up appointment is usually arranged at two weeks post surgery.
- ◆ Exercise the fingers as often as possible. They can be wiggled, opened and closed and make a fist several times per hour to avoid stiffness or swelling in the fingers.
- ◆ Massage the incision line starting two weeks post surgery. The stitches will likely come out with regular massage.
- ◆ Do not lift more than 10 pounds with the operated on hand for 1 month post surgery.
- ◆ During the second week you can begin to bend the wrist and start doing very light tasks. If you develop any pain or swelling then you should stop immediately.
- ◆ It is common to have some swelling or tenderness around the incision or at the base of the wrist. This commonly resolves 6-8 weeks post surgery.
- ◆ Please note that these instructions are general. You may be given specific instructions by Dr. McRae or the nursing staff. Any questions please don't hesitate to call the office for clarification.

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