

Carpal Tunnel Release

What to expect:

- Swelling
 - Amount minimized by keeping hand/wrist above heart level with fingers pointed to sky for 48 hours after surgery
 - Range of motion of fingers will also help
- Pain
 - Each patient experiences discomfort to a different degree, but should diminish rapidly over 2-3 days
 - This can be in the palm and forearm
 - Your pain medication prescription will help during this time period
 - Contact my office if pain is increasing after surgery
- Bleeding
 - Some bleeding at the surgical site is expected
 - Some discoloration of your bandages may occur
 - Contact my office for an excessive amount of bleeding that becomes continuous

Care of dressing and wound:

- Keep dressing dry and intact until your follow-up appointment
- You may loosen and rewrap dressing for tightness or swelling

What to do after surgery:

- Motion
 - You are encouraged to move your fingers, specifically to make a fist and to straighten the digits as far as possible immediately post-operatively
 - Also, flex and extend your wrist and rotate your forearm as tolerated
 - These exercises and motion activities prevent your median nerve and tendons from becoming bound in scar tissue
- Activity
 - You may participate in and perform any activities that you are comfortable with after surgery except for below restriction
 - No lifting greater than five pounds with operated hand for one week