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F.R.C.S. {C}

***Plastic Surgery***

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**CARPAL TUNNEL RELEASE**  
**Post-operative Instructions**

Dressings:

You should remove the dressing within a few days.

Activity:

- Keep hand elevated above your heart for the first 48 hours after surgery; this will help to reduce swelling and pain.
- Gently move your fingers inside the dressing; this movement will help to reduce finger stiffness.
- Approximately 1 day after surgery, begin exercising your hand by both forming a fist and extending your fingers; repeat these motions several times per day to regain strength and flexibility.
- For the first 4 weeks, avoid any heavy lifting or activities that may cause hand strain/impact. Keep in mind that it may take several months for strength in hand/wrist to return to normal.
- You may get your hand wet after 48 hours.

Discomfort:

You may experience soreness around the incision for several weeks or months; over-the-counter Ibuprofen may help to reduce the pain.

The numbness and tingling, commonly experienced before surgery, may disappear slowly.

If any of the following problems occur please notify Dr. Taylor's office

- Increased pain (Particularly if on one side only)
- Increased swelling/redness
- Fever/chills
- Foul odour and/or increased drainage from incisions

Follow-up appointment:

An appointment for suture removal should be scheduled for 10 to 11 days post-operatively. Please arrange this appointment with:

- Dr. Taylor's office
- Your family physician