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F.R.C.S. {C}

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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 and may take 6 months to 1 year to resolve. If damage has been long-standing and extensive, sometimes sensation will never fully return.

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 14 days post-operatively. Please arrange this appointment with:

- Dr. Taylor's office
- Your family physician