

POST-OPERATIVE INSTRUCTIONS FOR CARPAL TUNNEL RELEASE

**DO NOT remove the dressing that is placed on your hand for three days following surgery.*

**You may put ice over the top of the ace wrap to help with pain and swelling. DO NOT put ice directly on the skin as it may still have numbness from the anesthetic.*

**DO NOT remove the tape that is over your incision. You have no sutures on the skin, only under. This tape helps keep the incision tightly together and helps keep the scar flat. This tape will peel off in 1-2 weeks. If it starts to peel, you may cut away that part.*

**After the 3rd post-op day you may remove the dressing and take a quick shower. DO NOT soak in the tub or submerge for a long period of time as this may cause infection and remove the tape.*

**Your hand may stay numb for a few days, even up to one week following the surgery. Do not be alarmed if this occurs.*

**Your hand will be stiff following surgery. You will want to gently move your fingers daily. DO NOT lift anything heavy or overwork your hands until the doctor gives you further instructions at your first post-operative visit one week following your surgery.*

**Please call if any of the following occurs:*

**Excessive bleeding from the incision*

**Drainage or excessive swelling from the incision (a slight yellowish fluid may drain which is normal.)*

**Extreme pain or throbbing which cannot be relieved with pain medication.*