

Post-Operative Care: Carpal Tunnel Release

Wound Care

- Suture removal at 2-3 weeks.
- Once sutures are removed, you are now able to get your hand wet in the shower, hand washing, and use hand sanitizer.
- No soaking in contaminated water such as dirty dish water, pools, hot tubs, and lakes until surgical site is fully healed (2-3 weeks after the sutures are removed).
- Cover with bandage if you are going to be in a dirty environment. Otherwise, open to air.

Limitations

- The first two weeks there is a weight limit for your hand/wrist of approximately 1 pound. Leave post-operative dressing on until post-op visit with clinic providers or therapy.
- Week 2-4 post-operatively the weight limit is no more than 5 pounds with occasional pinch/grip.
- Week 4-6 post-operatively you may start to gradually wean back into normal activity with pain being your guide.
- At week 6, there are no limitations, but remember, you will be sore with some activities.

Surgical Expectations

- You will be sore over the surgical site for up to 3 months, especially with direct pressure.
- Soreness and swelling will fluctuate the first three months as you wean back into normal activity, this is normal.
- Strength in the hand will also take time to return, be patient.
- Numbness and tingling can continue to linger but improve over 12 to 18 months, sometimes 2 years depending on the severity of your carpal tunnel syndrome and other co-morbidities.

Therapy

- You will attend therapy at least 1 to 2 times. You may need more therapy depending on how your recovery is going.
- Do the therapy exercises at home at least once a day for 6 weeks focusing on range of motion and scar massage.
- Therapy is key to a successful recovery.

Brace

- You can use a brace off and on for the first few weeks after surgery.
- Try to limit brace use to 4 weeks post-surgical date.

- Anytime you have a question.

When to Call
605.217.2667

- Decreased range of motion.

- Increased pain, redness, drainage, or numbness/tingling.