



Endoscopic Carpal Tunnel Release

Dr. McCarthy's Post-op Instructions

Splints

If you have a splint, you can wear it with activities such as house cleaning or driving, but try to be out of the splint more than you are in it. It does not need to be worn when sleeping or doing light activities, such as eating. You might notice that your hand fatigues with daily activity. When your hand gets “tired,” wear the wrist splint for 30–40 minutes, then remove it. You might not feel comfortable doing any heavy lifting (10 pounds or more) for the first few weeks after surgery.

Bruising in the palm and wrist is natural following an endoscopic carpal tunnel release. Warm water soaks in the sink will help the bruising resolve and reduce any stiffness you feel. Fill the sink with warm water and soak your hand and wrist for 5–10 minutes.

Exercises

There are no formal exercises or hand therapy for you to do. The best thing is for you to use your hand as normally as possible.

Activity

You should use your hand and perform most of your activities of daily living as normally as possible. Weight-bearing on your palm might cause tenderness for up to three months after your surgery while healing is occurring. This is normal and will subside over time. You can wear a wrist splint if your palm is tender, but wear it for 30-minute intervals and then take it off. Prolonged splint use will stiffen your wrist. You might notice difficulty with opening tight jars or door knobs right now. Your strength will improve over time with normal use of your hand. Hand lotions are fine to use. You can also massage the scar to decrease any thickening in the incision area.

Follow Up

You can follow up with Dr. McCarthy in 4–6 weeks, at which time she will check your hand strength and range of motion. As always, if you have any questions, please feel free to call the office and leave a voicemail message for Claire Joubert, PA–C, Dr. McCarthy's physician assistant, at 952-456-7215.