



CARPAL TUNNEL RELEASE

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Important instructions following surgery:

- After surgery, the wrist and hand will be in a light dressing. Please DO NOT remove this for the first 2 days. Try to keep the bandage clean and dry.
- To minimize swelling, keep the hand elevated to shoulder level.
- When sitting or lying, you should use a pillow to support you surgically affected extremity.
- To avoid stiffness and finger swelling, do gentle range of motion with the fingers. A pulling sensation may be noted, this is normal after surgery.
- GOALS:
 - Restore wrist, finger, thumb range of motion
 - Promote tissue healing environment and decrease inflammation
 - Promote nerve healing and regeneration
 - Restore upper extremity strength and function

2 Days Post-Op:

- Remove post-op dressings on day 2 and apply a band-aid. No antibiotic or general ointments for 2 weeks.
- Begin gentle digit and wrist range of motion.
- Patient may begin showering, if wounds are healing.
- No immersion in water. Avoid heavy soaking in pools, hot tubs, dishwasher for 2 weeks.

2 Weeks Post-Op:

- First PA-C post-op visit, return to the clinic at the end of week 2 for suture removal.
- Sutures removed or suture tails trimmed.
- Review home program.
- If motion is not full at 2 week post-op visit, then occupational therapy will be ordered to review the following tendon gliding exercises with the wrist neutral:
 1. Full fist (MP, PIP and DIP flexion)
 2. Flat fist (MP and PIP flexion with DIP extension)
 3. Claw (MP extension with PIP and DIP flexion)
 4. Finger abduction/adduction
 5. Table top (MP flexion with DIP and PIP extension)
 6. Opposition

3+ Weeks Post-Op:

- Continue with progressive hand range of motion exercises. You may begin strengthening with a soft ball and low weights. You may conduct activities as tolerated.