



TWIN CITIES ORTHOPEDICS

Post-Operative Instructions for Carpal Tunnel Release

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What To Expect After Surgery

- After surgery, it is normal for your hand and fingers to continue to be numb for a period of time due to the local medication used at the time of surgery.
- You will have a well-padded dressing over your wrist and hand. The 2nd day from surgery you can remove the dressing. There may be visible stitches OR small white strips of tape called steri-strips. Leave these in place until your first post-operative appointment. A band-aid may be placed over them to keep them protected and padded. You can then begin to wear your removable wrist brace. This should be worn at night and removed during the day until you are at least 6 weeks from surgery. Please keep incisions clean and dry. You may shower and wash your hands, but avoid soaking in dishwasher, bathtub or pool until you are re-evaluated.
- You will be given pain medication to use after surgery. They should be taken with food and as needed. Please do not operate heavy machinery or drive while using narcotic pain medication.
- Your first appointment for evaluation after surgery should be about 2 weeks from surgery. **If you do not already have an appointment in place, please call Dr. Meyer's care team at 651-351-2639.**

What Can I Do Safely With My Hand?

We advise that you avoid any heavy grasping or gripping activities for at least 6-8 weeks from surgery. If you work a heavy labor job, you may need restrictions for a period of time. We can address this at your regular appointment. Continue to wear your removable wrist brace at night until you are 6 weeks from surgery. You may lift light objects. As a general rule, nothing heavier than a coffee cup until your first post-op appointment. Specific activity questions should be directed back to your provider.

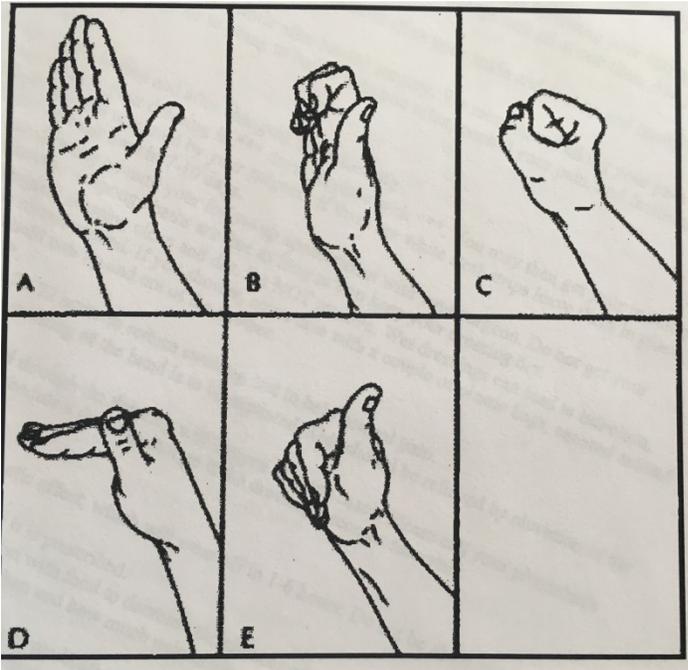
When Should I Call My Surgeon?

- Pain is not controlled by pain medication or pain and numbness getting progressively more severe, including minimal use of fingers.
- Increased redness or drainage noted about the incision
- Fever over 101 degrees.
- Prolonged nausea or vomiting, difficulty voiding, or side effects from pain medications.

If any of these items occur or you have any questions about your symptoms, please call Dr. Meyer's care team at 651-351-2639.

Exercises

Working on very gentle finger range of motion after surgery will help improve your range of motion and decrease swelling and edema. We recommend that you do these exercises 4-5 times a day, 5-10 repetitions each. We can discuss the need for possible outpatient hand therapy at the first appointment after surgery based on your activity level and progress.



- Picture A: Hold fingers straight
- Picture B: Bend fingers into a claw, keep big knuckles straight
- Picture C: Bend all knuckles in to make a full fist
- Picture D: Extend fingers into a 90 degree angle
- Picture E: Bend large and middle knuckles so the pads of the fingertips touch the base of the palm. Tips of fingers should be straight.