

# CARPAL TUNNEL RELEASE POST-OPERATIVE ORDERS

## Kyle D. Morgenstern, MD

PHONE: (952) 442-2163 | WEB: [TCOMN.COM/PHYSICIANS/KYLE-MORGENSTERN/](http://TCOMN.COM/PHYSICIANS/KYLE-MORGENSTERN/)

### POST-OPERATIVE INSTRUCTIONS:

- 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 your wrist and hand.
- 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
- You can resume all home medications you were taking prior to surgery
- You may begin driving as soon as you feel comfortable after surgery

### 2 DAYS AFTER SURGERY:

- 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.
- You may use your hand as your pain allows. Avoid heavy gripping or lifting until your wound heals.
- You may begin showering
- No immersion in water. Avoid heavy soaking in pools, hot tubs, dishwasher for 2 weeks.

### 2 WEEKS AFTER SURGERY:

- First post-op visit. Call Dr. Morgenstern's office at (952) 442-2163 if this has not been arranged already.
- Sutures will be removed or suture tails clipped if absorbable sutures were used
- If hand and finger motion are not full, Occupational Therapy will be ordered to review the following tendon gliding exercises with the wrist neutral:
  - Full fist (MP, PIP and DIP flexion) , Flat fist (MP and PIP flexion with DIP extension), Claw (MP extension with PIP and DIP flexion), Finger abduction/adduction, Table top (MP flexion with DIP and PIP extension), Opposition.

### CALL US IF:

- Fever over 101 degrees for more than 24 hours
- Large amounts of bleeding or drainage
- Severe or uncontrolled pain
- Hives, rash, or medication intolerance