



## **Carpal Tunnel Release Post Operative Rehabilitation Protocol**

### **Following Surgery:**

- Expect a surgical soft surgical dressing to be kept in place for 3-5 days.
- Gentle finger full range of motion encouraged several times a day.
- Elevate and ice for at least 3 days.
- Continue to elevate as often as possible until your next clinic visit. (Elevate above your heart.)
- Shower with a plastic bag covering the splint and seal with tape.
- Fingers may feel numb up til the next day from anesthetic agent.
- Take your pain medicine as needed and as prescribed. Call if any problems or questions arise.

### **2 Weeks Post Op:**

- Splint and sutures will be removed.
- Progressive activities as tolerated.

### **8 Weeks Post Op:**

- Follow up appointment in clinic if still symptomatic.

### **Considerations:**

- Patients with severe carpal tunnel pre-operatively may continue to experience numbness and tingling symptoms for several months following surgery, and may have permanent loss of sensation and/or thumb strength.