

Carpal Tunnel Release Post Operative Rehabilitation Protocol

Following Surgery:

- Expect a surgical bulky splint to be kept in place for 10-14 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.
- Your pain may be worst in the first 24-48 hours and then will lessen.
- Fingers may feel numb for 12-16 hours from anesthetic agent.
- Take your pain medicine as needed and as prescribed. Call if any problems or questions arise.

10-14 Days Post Op (at therapy):

- Splint and sutures will be removed.
- Expect a prefabricated or custom splint to be worn at all times except during therapy exercises and when showering for 4 weeks.
- Therapist will address scar management, edema management, and range of motion exercises.
- Hand therapy will continue for approximately 6 weeks.

4 Weeks Post Op:

- Follow up appointment in clinic with Nurse or P.A.
- Splint may be discontinued.
- Begin strengthening exercises, and gradually return to daily use of hand.

8 Weeks Post Op:

- Follow up appointment in clinic with P.A. or M.D. for final check.
- Full activity without restrictions often possible, depending on job requirements.

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.