

Carpal Tunnel Release Post Operative Rehabilitation Protocol

Following Surgery:

- Expect a surgical dressing to be kept in place until follow-up.
- 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.)
- 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:

- Follow up appointment in clinic with MD.
- May remove dressing.

6 Weeks Post Op:

- Follow up appointment in clinic with MD if needed.
- Begin strengthening exercises, and gradually return to daily use of hand.

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.