

## **Post-Operative Instructions for Carpal Tunnel Release**

### **Dressings:**

- On postoperative day #2 - Patient may remove dressing.
- Patient may wash over wound with antibacterial soap, but do not soak in water. Pat wound dry after washing.
- May apply triple antibiotic cream twice a day for the first 2 days, then discontinue.
- Cover incision during the day, and may leave open to air at night.
- Do not perform pushing or lifting with hand.
- Observe for any signs of infection, and report immediately to our office!

### **Activity:**

- On postoperative day #1- Patient may begin range of motion exercises to all fingers (Full Flexion & Full Extension for 15 minutes, 5 times a day).
- Then after dressing has been removed, patient may begin range of motion to Operative Wrist & Hand (Full Flexion & Full Extension for 15 minutes, 5 times a day).
- No pushing, pulling, or lifting of any kind until 2 week follow-up appointment.

### **Medication:**

- You may take prescribed pain medication as needed for pain.

### **Follow-Up:**

- A two week follow up appointment will be given to you at time of discharge. At this appointment sutures will be removed and further care and activities discussed.

Please call the office with any questions or concerns.

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