



Highland Clinic
Orthopedics
Gordon M. Mead, M.D.
318-798-4625

Postop Endoscopic Carpal Tunnel Release Instructions

Elevate for at least 24 hours.

Move fingers gently as tolerated by pain immediately.

Expect some tingling or numbness intermittently in fingers.

Keep dressing clean and dry – remove at 24 hours – apply Band-Aids to small incisions.

May wash hand after 24 hours, dry well – do not soak as long as stitches are in.

Expect some swelling and bruising in palm of hand.

Do not use hand in gripping of much weight for several weeks.

May use Ace wrap for first week if desired.

Call me if any fever over 101° or severe pain not controlled by prescribed meds.

First office visit is usually at about seven (7) days after surgery.