



North Point
Orthopaedics

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POST-OPERATIVE CARPAL TUNNEL RELEASE SURGERY INSTRUCTIONS

Once you have completed your surgery you should be well on your way toward the resolution of your pain. Please read the following instructions and follow them to increase the changes that your final results from surgery will be excellent.

1. **Dressing:**
Two days after surgery, remove your large dressing and put a band-aid over your incision\ . Clean wound daily with alcohol and apply new band-aid and your ace wrap.
2. **Ice/Elevation:**
 - a. *You may use ice to your hand for the first 48 hours after surgery. Apply for 20 minutes, 3 times a day. If there is a lot of swelling in your hand and fingers, elevate the hand above the level of your heart.*
3. **Exercises:**
Move your fingers and wrist, this will decrease the pain and swelling in the hand and fingers.
4. **DO NOT TAKE A SHOWER.** *You may shower if you keep your hand covered and dry (ex: plastic bag). After 3 days, you may shower with wound uncovered. Please clean wounds with alcohol before applying band-aid. After three days you may wash your hands but please do not soak your hand in water.*
5. **Physical Therapy.**
Call and schedule physical therapy at a place of your choice to begin within one week of surgery.
6. *Call the office at 219-836-1060 or 219-365-0808 to schedule your post-op appointment for two weeks after surgery*
7. *If any questions or problems, call the office at 219-836-1060. If after hours, Dr. McComis may be reached by paging him at 219-685-0199*