

Post-Operative Instructions for Carpal Tunnel Release

You may remove your surgical bandage after 2 days. However, you **must keep the incision dry** until the sutures are removed at your follow-up doctor's appointment. You can use water proof Band-Aids to keep your incision dry. When you are done showering, remove the waterproof Band-Aid. If you still wish to cover your incision, you can use a regular Band-Aid. It is okay to leave your incision open to the air when not showering. **Do not use ointments of any kinds.**

Your follow-up appointment for suture removal will be scheduled for you— you will receive this date at the time of your surgery. You also may be scheduled for Occupational Therapy if needed. **Two days after your sutures are removed**, if the skin is completely closed, you will need to start massaging the scar. You will place your finger on the scar, and maintaining pressure move your finger in circles, diagonals, up and down, and side to side. Do this all along the length of the scar. Do not rub the skin, move the skin.

It is common to have post-operative pain. You may wrap a bag of frozen peas or crushed ice in a thin towel and place on your incision for **15 minutes of every hour** while you are awake. Elevating your hand above heart level on several pillows will also help with post-operative pain. You should take the prescribed medication **only as needed and as prescribed**. If you are having increased pain, you may take an anti-inflammatory medication such as Advil, Motrin or Aleve with your pain medication.

You will get a removable splint, if you do not already have one, which should be worn only in public or during moderate to heavy activity to protect the incision. However, during most of the day you do not need to wear the splint.

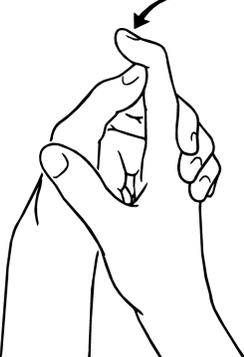
You can use your hand to dress yourself, comb your hair, and do self-care activities immediately after surgery, as tolerated. You can do light work such as typing and using the telephone the day following surgery. **It will take 4 to 6 weeks before you can perform strenuous work.**

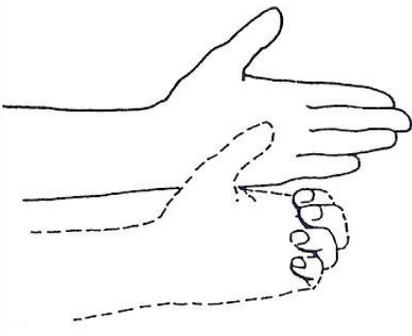
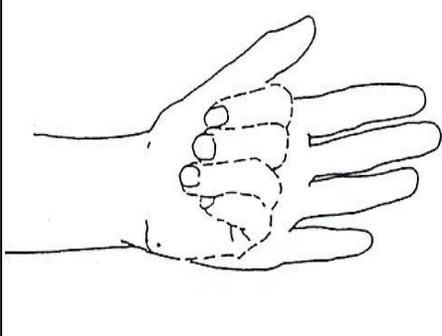
You can start the exercises provided or Occupational Therapy on the **2nd or 3rd** day after surgery. Expect to spend 7 to 10 minutes doing your exercises

Please contact Orthopedics of Illinois at 309.268.0000 if you have any additional questions

Post-Operative Home Exercises for Carpal Tunnel Release

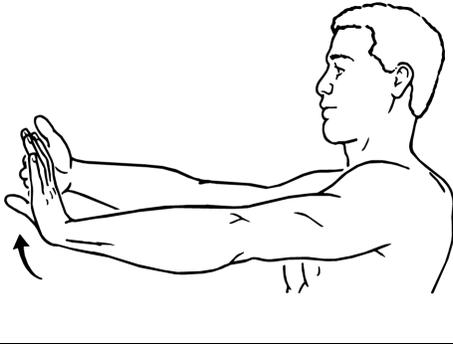
Please start doing these exercises on the 2nd or 3rd day after surgery.

AROM Thumb IP Flexion - Blocking	AROM PIP Flexion Blocking	AROM DIP Flex -Blocking
		
<p>Brace thumb leaving tip free. Bend as far as possible, then straighten.</p>	<p>Pinch bottom knuckle of finger of to prevent bending. Actively bend middle knuckle until stretch is felt.</p>	<p>Pinch middle knuckle of finger of one hand to prevent bending. Bend end knuckle until stretch is felt.</p>
<p>10 repetitions 1x/day</p>	<p>10 repetitions each finger 1x/day</p>	<p>10 repetitions each finger 1x/day</p>

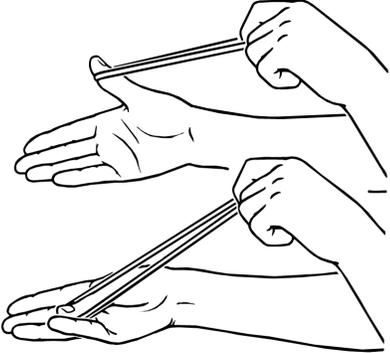
Flexor Tendon Glide - Active Hook Fist	Flexor Tendon Glide - Active Straight Fist	Finger Opposition
		
<p>With fingers and knuckles straight, bend middle and tip joints. Keep large knuckles straight.</p>	<p>Start with fingers straight. Bend knuckles and middle joints. Keep fingertips straight to touch the base of your palm.</p>	<p>Actively touch thumb to each fingertip. Start with index finger and proceed toward little finger. Move slowly at first, then more rapidly as motion and coordination improve. Be sure to touch each fingertip.</p>
<p>10 repetitions 1x/day</p>	<p>10 repetitions 1x/day</p>	<p>10 repetitions 1x/day</p>

Post-Operative Home Exercises for Carpal Tunnel Release

Please start doing this exercise on the 2nd or 3rd day after surgery.

Wrist Flexor Long Arm Stretch

Keeping elbow straight, grasp one hand and slowly bend wrist back until stretch is felt. Hold. Relax.
Hold 10 Seconds. Repeat 3 times 2x/day

Please start doing these exercises 3 weeks after surgery.

Band Thumb Opposition	Putty - Weight Bearing	Putty - Grip
		
With rubber band around thumb, hold other end with other hand. Rotate thumb up and over toward little finger. Repeat toward each finger.	Place palm on putty and roll the putty back and forth.	Squeeze putty with all fingers and thumb.
10 repetitions 1x/day	Practice for 1 - 3 minutes	Practice for 3- 5 minutes