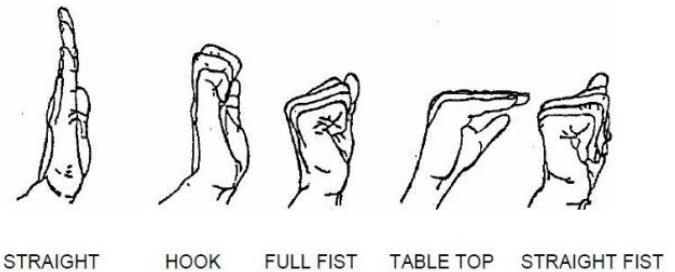


Dr. Allen Carpal Tunnel Release Post-Op Protocol

Post-Op Instructions

1. Keep dressings in place until post-op day #3
2. Keep hand and dressings clean and dry, cover them to shower and bathe
3. After first dressing change it is ok to get the wound wet, but no soaking the hand until after 2-week post-op visit
4. Cryotherapy with ice or a cool pack several times a day
5. Scheduled Tylenol and Ibuprofen for pain control
 - a. Limited narcotics are given for carpal tunnel, this is to be used for break through pain only
6. Local anesthetic is injected at the time of the surgery for pain control, this will last 4-8 hours
7. Keep hand elevated to improve swelling into your fingers
8. Work on elbow, wrist, hand, and finger ROM
9. No heavy lifting (<3# limit)



Early Therapy (POD #1):

1. You should have met with hand therapy pre-op to learn the exercises
2. Begin the exercises the day of or day after surgery
3. Tendon & nerve glides
4. Ok to start scar massage/management after your first dressing change

First Post-Op Visit (~POD #14)

1. Follow up from surgery at 2 weeks post-op
2. Sutures will be removed at this appointment
3. Continue to work on hand and finger motion with emphasis on tendon and median nerve glides
4. Hand strengthening with putty or a Theraball at 3-4 weeks post-op

Second Post-Op Visit (POD~28 [OPTIONAL])

1. Depending on your progress you may elect to cancel this appointment

Recovery

1. You may do light work such as typing within the first week after surgery
2. Return to strenuous work will likely take 4-6 weeks
3. Pinch strength returns around 6 weeks
4. Grip strength returns around 12 weeks
5. If electing to have carpal tunnel release done on both side, there needs to be at least a 6 week period between the surgical dates to ensure full recovery