

Discharge Instructions After Carpal Tunnel Surgery

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1. Keep bulky dressing for 48 hours after surgery then change it to a regular dressing with gauze and bandage. You may change the dressing if becomes soiled or wet but keep it on until your visit in the office.
2. Starting on the first post-operative day perform a gentle range of motion exercises with the fingers every day: completely elevate the hand while opening and closing the hand tightly for 10-15 minutes. This should continue for 2-3 weeks after surgery. After this time, begin to work on exercise to improve your grip and pinch strength, ex. a foam ball.
3. Restrictions: no lifting, no vigorous physical activity.
4. You will be seen by Dr. Bryniarski in his office usually about 10 days after surgery. If you don't have an appointment prior to leaving the hospital, please call our office.
5. Call our office when you develop: signs or symptoms of infection (redness, wound drainage, swelling, severe tenderness, fever > 101 F).