

OFFICE: 865-541-2835

CARPAL TUNNEL RELEASE POST OPERATIVE INSTRUCTIONS

1. The initial dressing is a snug wrap. This can be removed the first day post op or sooner if uncomfortable.
2. The first day post op you may put a band-aid on the incision.
3. The hand should not be immobilized. Use for normal daily activities excluding repetitive acts of strenuous activity.
4. Flex and extend fingers and thumb daily to maintain flexibility of hand.
5. The skin around the sutures will normally become slightly red and swollen by seven days post op. Call the office with any signs of progressive swelling, redness or signs of infection around the surgical site, or fever greater than 101.5 degrees.
6. You will be given an appointment for suture removal 7-10 days post op.