



# W H I T B Y

## PLASTIC SURGERY

### **Carpal Tunnel Release Post Op**

#### **Dressings**

Please leave your dressing in place for the next three days. After three days you may remove the dressing and wash with warm soapy water then reapply a dry dressing (band-aid or other)

#### **Showering**

It is okay to shower day one after your surgery – you will need to keep the dressing dry. After three days when you take off the dressing you can get the incision wet in the shower. Just pat it dry after the shower. Please do not submerge the incision for one week for instance in the bath or doing dishes.

#### **Pain**

Try to elevate your hand as much as possible over the first 36-48 hours. This helps to reduce swelling and discomfort. Put it up on some pillows above your heart when you go to sleep.

Please take Tylenol extra-strength/Advil and your prescribed medication if you have been given one starting 2 hours after surgery and regularly over the next 36 hours even if you do not have any pain. Once pain starts it is very difficult to stop.

#### **Sutures**

Your sutures are dissolving and do not need to be removed. They usually dissolve within 3-4 weeks.

#### **Activity**

Please no lifting over 5lbs for the first 4 weeks after surgery and 10lbs up to 6 weeks. After 6 weeks you can use the hand as tolerated. It is okay to use your hand right away as a helper hand and move your fingers. After a week it is a good idea to pick up a stress ball to start some light range of motion squeezing activities.

#### **What to watch out for**

Some redness around the incision as it heals is normal. This is due to increased blood flow. The top layer of palmar skin often sheds as well.

If pain is increasing after 3-4 days associated with redness and swelling that is not improving over 10-12 hours these are signs of an infection. You should call the office (705-876-9003), your GP or go to emergency if the first two options are unavailable.

