

Endoscopic Carpal Tunnel Release Post Op Instructions

- Fereydoon Ghobadi, MD
- Ramin Ghobadi, MD
- Peter DeNoble, MD
- David Ratliff, MD

PAIN CONTROL

1. Pain medication prescribed by your doctor
2. Applying ice to the area
3. Ensuring that your dressing is not too tight
4. Elevation of hand above the level of your heart

WHAT DO I DO AFTER SURGERY?

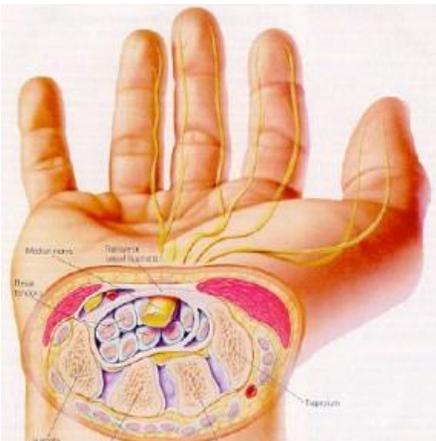
After your surgery your hand will be in a soft dressing. You may start to feel pain in the wrist and hand a few hours after surgery when the local anesthetic begins to wear off. This pain is normal and there are several things you can do to control the pain.

You may remove bandage after **five days** and can cover the incision with a Band-Aid (flexible-fabric works best). At this point you can begin showering over the healed incision but should refrain from heavy manual labor and submerging the hand in water. **Two weeks** after surgery you will be seen in the office and have your stitches removed (this is painless). At this point you can **return to all activities** such as swimming and heavy manual labor.

When do I schedule my follow up appointment?

Call our office at 973-942-1315 to schedule your first follow up visit 2 weeks after your procedure. Your stitches will be removed at this visit. Your next visit will be 4 weeks later at which point we will assess your progress.

Call our office at 973-942-1315 to schedule your first follow up visit 2 weeks after your procedure.



What was done in my surgery?

The transverse carpal ligament (the roof of the carpal tunnel) is cut across its entire length. This allows the tunnel to open up and decompresses the median nerve. Cutting this ligament will not cause loss of strength or function, but will release the nerve compression and relieve your symptoms.

Post Op Dressing

