



Carpal Tunnel Release

Postoperative Guidelines

- Begin active motion of fingers immediately
- You may remove your dressing 5 days after surgery, cover incision with a Band-Aid until your postoperative appointment
- Sutures will be removed at your first postoperative appointment, which is scheduled 8-14 days after surgery and will be on your discharge paperwork
- Hand Therapy for gentle massage and active range of motion of your fingers will be ordered if needed
- After your first postoperative visit is complete, follow up is usually not necessary unless you have any concerns



- **Please remember these outlines are *guidelines* only: Your care may differ from the typical outlines provided. Please talk to your surgeon or your surgeon's nurse or medical assistant if you have any questions about your post-operative care.**

If you have any questions, please call our office at 314-514-3500.

Orthopedics

