

PRINCE GEORGE GENERAL SURGERY

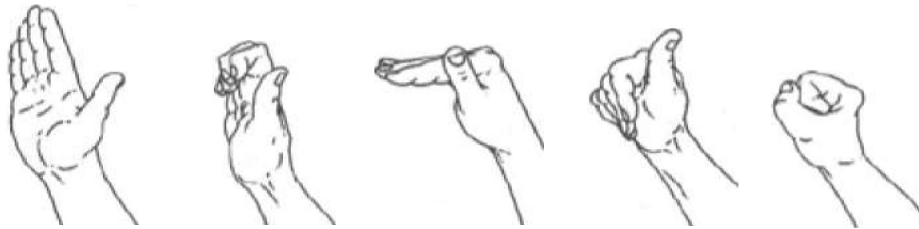
CARPAL TUNNEL RELEASE RECOVERY

ACTIVITY

- You may move your fingers and wrist immediately after surgery
- You may use your hand immediately after surgery for light day-to-day activities (ex: brushing your teeth, brushing your hair, typing)
- Do not lower your hand below the level of your heart until 48 hours after surgery
- Do not grasp/lift heavy objects until 6 weeks after surgery
- You may wear a splint for comfort at night or during heavy activity if you prefer to

EXERCISES

- Start tendon gliding exercises 1 day after surgery
- 3 rounds per day, 10 repetitions for round, for 6 weeks total



- Start wrist exercises 2 weeks after surgery (add to the tendon exercises)
- 3 rounds per day, 10 repetitions per round, for 4 weeks total



WOUND

- Keep the dressing dry and intact until your 1 week post-op follow-up
- After the sutures are removed at the 1 week post-op follow-up
 - Firmly massage the scar with lotion before each round of exercises
 - Keep the wound clean/dry for 1 week (protect in shower, no baths/swims)

PAIN: it is normal to have some pain and discomfort after surgery

NERVE SYMPTOMS: we hope that your symptoms will improve, but the amount of improvement will depend on how bad the damage was to begin with; you may always have some degree of tingling/numbness/weakness

IF YOU HAVE ANY QUESTIONS PLEASE CALL OUR OFFICE AT 250-645-4728
