

CARPAL TUNNEL LONDON

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Carpal Tunnel Release – Post-Operative Care

When you leave the operating room, there will be a dressing on the wound. There will be a bandage over the dressing. The hand will be partially numb.

The wound has been glued; there are no stitches.

Over the next hours, the local anaesthetic will wear off. You should take some painkillers, such as paracetamol and Nurofen. It will be sore the first evening and night.

The next morning, take off the bandage but leave the wound dressing.

Keep the wound covered for at least 3 days but you may try to use the hand. You can put on a new plaster dressing until the wound is dry.

Move your fingers and thumb gently, to prevent stiffness.

There will be bruising for up to 10 days.

People find that for the first 2-3 days it is more sore and limiting than one might expect but then the hand really gets going.

You are allowed to do whatever you can with it.

You can wash and go in the shower but do not soak the wrist.

Once you can grip with the hand, you may drive.

Strong gripping, for example of a bottle top, may take up to a month to return. Leaning on the hand, for example pushing out or a chair will take up to a month to be normal

The recovery of the carpal tunnel symptoms such as night pain, tingling and numbness will vary. Sometimes it goes in days, sometimes it takes weeks.

Contact your surgical team if you notice redness, swelling, or increasing pain.