



## **CARPAL TUNNEL RELEASE POST OP INSTRUCTIONS- DR. PETER DENOBLE**

### **WHAT DO I DO AFTER SURGERY?**

Immediately after your surgery you will be wearing a soft dressing that allows your fingers and thumb to be free. You will be able to move your fingers and finger range of motion is actually encouraged post operatively. You will need to keep your dressing clean and dry for the first three days after surgery. After three days you may remove your dressing and shower over your incision. We recommend that you then cover the stitches with a Nexcare bandaid.

### **When do I schedule my follow up appointment?**

Call our office at 973-898-5999 to schedule your first follow up visit 2 weeks after your procedure. At this appointment your stitches will be removed. You no longer need to keep the incision covered at this point and you can return to activities as tolerated.

*Call our office at 973-898-5999 to schedule your first follow up visit  
2 weeks after your procedure.*

If you have fevers, increasing pain, or any questions regarding your care feel free to call our office and we will address your concerns.

### **Helpful tips:**

1. Ice and elevation (keeping your hand above the level of your heart) are both very helpful during the early post op period.
2. If you notice that your hand appears to be swelling it is most likely because it needs to be elevated or your dressing may be too tight (if you get permission from your doctor you may be able to loosen the outer dressing).
3. Some patients find it alarming to see bruising in their fingers and hand after surgery, but this is quite normal.