

DR. LINCOSKI'S POST-OPERATIVE INSTRUCTIONS: CARPAL TUNNEL RELEASE

What to expect **DURING** your surgery:

- You will have an IV
- Surgery is typically performed with a local numbing injection and sedation (twilight anesthesia)
- You will leave the surgery center with your hand in a soft bandage, but not in a cast.

What to expect **AFTER** your carpal tunnel surgery:

- You may use your hand as tolerated, but avoid heavy lifting for 3-4 weeks.
- You will have a soft dressing on the hand for 48 hours. In 48 hours, you may take this off and apply a band-aid only. You may get your hand wet in the shower in 48 hours, but you should avoid soaking it in hot tubs, baths or dishwasher for 3 weeks.
- You will be given a Gel Flex brace, Please call (814) 231-2101 if you did not get it by your Physical Therapy appointment. Use the brace only as you feel that you need it. It will allow you to be more active. Please remove the metal stay in the brace, this will allow it to be flexible.
- It is normal for minor tenderness, swelling and redness around the incision. It is normal for the top layer of skin to peel off within a few weeks after surgery.
- A physical therapy appointment is scheduled about 3-5 days after your surgery. This is typically a one-time visit to check your incision and instruct you in exercises to do at home.