

Carpal tunnel release surgery (Post-operative care)

What is carpal tunnel release surgery?

Carpal tunnel syndrome is the compression of the median nerve in your hand. During surgery, your surgeon will make a small cut on the palm of your hand. They will then cut through the tight ligament pressing down on your carpal tunnel. This releases the nerve that is being compressed.

Control swelling

After surgery its important that you control swelling and keep your hand elevated and above your heart level as much as possible.

Wound care

Keep dressing intact and dry. It is generally left on until you see the surgeon or the therapist unless directed by the hospital.

Use of your hand

It is important and safe to use your hand as long as the activity doesn't cause too much discomfort.

Exercises

Range of movement exercises

Comfortably make a fist, touch thumb to your fingertips and move the wrist gently back and forwards.

