**Carpal tunnel release post op instructions- Dr. David Ratliff**

**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. It is not absolutely necessary but many patients are irritated at the incision for some time and prefer to cover the surgery site. If so, 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 (if necessary, as sometimes absorbable sutures will be used). You no longer need to keep the incision covered at this point and you can return to activities as tolerated.

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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.
4. Numbness can often last 24 hours or even more. This is normal.
5. Remember, the surgery does not directly heal the nerve and the full recovery after a carpal tunnel release can take months.