

Carpal Tunnel Syndrome – Patient Information

Post-surgery care

- Your incision is covered by a small bandage. This can be left on for 2-5 days and changed by yourself, a friend or family member if it is soiled. Any bandage that protects the incision and keeps it clean will do. These can be purchased from most full service pharmacies.
- After 2-3 days the incision is usually sealed enough to wash it with gentle soap and running water. Do not immerse it in a bath or hot-tub until it has fully healed.
- It is normal to have some swelling, inflammation and pain above and below the incision as the tissues in these areas are released during surgery.
- Elevation will help reduce swelling and pain, the higher the hand is elevated above the heart the better.
- Gentle finger motion can also help reduce stiffness. Avoid lifting anything heavy as this may prolong swelling and discomfort around the incision.
- Tylenol, and an anti-inflammatory medication like ibuprofen or naproxen can be taken simultaneously and used in conjunction with a bag of ice to help with pain and swelling. If this is not adequate for your pain control take the narcotic medication as required.
 - Narcotics cause
 - drowsiness so do not drive or make important decisions
 - constipation, be sure to take some stool softeners and water.
- If you notice increasing drainage and/or spreading redness around the incision you may have an infection and should be assessed.

Post-op visit

- Approximately 10-14 days after surgery, we will remove your sutures in the fracture clinic.
- This fracture clinic wait is unpredictable due to referrals from the emergency department.
- If your GP is comfortable removing sutures, then you may see them to have sutures removed around 10-14 days post operatively.

- A further visit 6 weeks post-operatively should be booked at my office for a review and to be sure your hand and fingers are not stiff.

Outcomes

- Some improvement of your symptoms may occur within the first days, while other symptoms will take much longer to improve.
- It is normal for the incision to be sore and tender with pressure and heavier work for 3 months.