

Carpal Tunnel Release

NOTE—All patients should be treated for edema control, scar management, silicone gel and desensitization as needed.

Patient will be seen at first return visit to MD at 6-10 days.

10-14 days post op

- Sutures removed at 6-14 days

- Steri-strip the incision

- Wrist splint—worn at night and during the day

- AROM/AAROM of digits and wrist

- No heavy lifting or gripping

2-3 weeks post op

- Decrease splint to night time only (unless patient is doing repetitive activities, i.e. typing. Then have patient use splint some during the day.)

- Initiate putty

- Scar massage and silicone scar conformer

4-5 weeks post op

- Discharge nighttime splint

- Return to regular hand use

6 weeks post op

- Return to heavy duty

Follow the patient one time per week.