

## **ENDOSCOPIC CARPAL TUNNEL RELEASE**

### **Postoperative Instructions:**

1. Light use of the hand is okay. Avoid heavy lifting or pushing greater than 2 to 3 pounds. It is okay to use the hand for writing, typing, texting, eating, and taking care of yourself. Flexion and extension of the fingers are encouraged.
2. A prescription medication will be sent to your pharmacy. That medication is to be taken as needed for pain. If over-the-counter medications provide satisfactory pain relief, the prescription medication does not need to be taken.
3. It is okay to drive if you feel safe to. However, do not drive while taking the prescription pain medication.
4. Mild swelling and bruising are normal. Ice and elevation are helpful. Tenderness in the palm is normal and massaging the palm can help. It is not uncommon to get tingling in the fingertips as the nerve "wakes up".
5. The typical first follow-up is 7 to 10 days from surgery. The suture will be removed at that first postoperative visit. Before that time, do your best to keep the incision dry. The small dressing is relatively water resistant. Hold it away from the water during showering or cover it. If water gets under the little plastic dressing remove the plastic "Tegaderm", as well as the wet gauze, but leave the small Steri-Strip tape and suture beneath it in place. After letting it dry for a few minutes, you can then cover it with a Band-Aid.
6. At the first postoperative visit, the suture will be removed and a new Steri-Strip will be applied. At that point you can get the incision wet but avoid submerging underwater for a total of 2 weeks from the time of surgery. The weight bearing restrictions of 2 to 3 pounds continues for an additional week, again for a total of 2 weeks from the day of surgery.
7. After the 2-week point from surgery, there are no weight bearing restrictions. It is not uncommon to continue experiencing sensitivity in the palm as well as weakness in pinch and grip. Massaging the palm can help with the sensitivity and it should continue to improve with time. If after 4 to 6 weeks the sensitivity continues, we typically recommend a short course of hand therapy.

**\*\*If you have any further concerns, please do not hesitate to call us.**

### **FOLLOW UP APPT:**



**Dr. Zanaros Carpal Tunnel video**

Albany – Main Location  
1367 Washington Avenue, Suite 300, Albany, NY 12206

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