

CARPAL TUNNEL RELEASE

- ❖ 2 days post-op:
 - Remove post-op dressings
 - Wound care and edema reduction
 - Begin gentle digit and wrist range of motion
 - Patient may begin showering, if wounds are healing. No immersion in water.

- ❖ 2 weeks post-op:
 - First MD post-op visit
 - Sutures removed or suture tails trimmed
 - Review home program
 - Begin scar management, including elastomer pad, as needed
 - Strengthening, as needed.
 - Desensitization, as needed.