



Carpal Tunnel Release

The surgery for carpal tunnel syndrome is performed through a technique called a **mini-open carpal tunnel release**. What it looks like under the dressing: a small 2 to 2.5 cm incision with 3-4 sutures located just above the crease in the wrist.

After the surgery, you will need a Gelflex brace, regular Band-Aids, and waterproof Band-Aids. Do not purchase band-aids with clear adhesive.

Post-Operative Care

1. Four days after surgery, take off the post-op dressing. Cover the incision with a Band-Aid and use the Gelflex brace you were given (the black brace with a piece of gel in it). The brace should be slept in and used for heavy activities (driving, grocery shopping, working around the house) until you are seen in the office for suture removal, typically in 10-14 days after the surgery.
2. Until you remove the dressing, you must keep the incision and dressing dry and use plastic bags and tape to wrap your hand while you shower. After you remove the dressing, you may shower with just a waterproof Band-Aid over the incision. When you are done, dry the incision and place a clean, dry Band-Aid over the incision.
3. You can use your hand. In fact, we encourage it! Just no heavy lifting or gripping.
4. After you remove the post-op dressing, check the incision every day. If it feels moist or your hand sweats a lot, let it dry out.
5. I still feel numbness and tingling...is this normal? Yes! Nerves regenerate very slowly, and if there was severe compression for a long period of time, you may not notice results right away. However, most people can expect to have the numbness and tingling to go away within 3 months. Some people with severe compression for long periods of time may not have 100% recovery.