



MR JAMES C LEE MBBS FRACS PhD
Specialist General & Endocrine Surgeon

CARPAL TUNNEL RELEASE

Post-operative Instructions

Symptoms after carpal tunnel surgery

It is common to experience mild pain around the wound when the local anaesthetic wears off. You can take some Panadol or something slightly stronger such as Panadeine or a small dose of Endone. You should wean the pain killers off day by day.

You may continue to experience numbness and / or tingling in your fingers. If you had these symptoms before the operation, it may be weeks to months before they start to improve. However, please be advised that the main purpose of the operation is to prevent these symptoms from getting worse. Any improvement is seen as a welcomed bonus.

Wound Care

When you are discharged from hospital, you will have a bandage around the wrist and hand. Please leave it in place and keep it clean and dry for 4 days.

After 4 days, you can take the bandage off. There will be a dressing on the palm of your hand. Please keep it dry and intact until review.

The stitches are removed 5 to 7 days after the operation. This can either be done by your GP or Mr Lee. Please discuss these options with Mr Lee.

After the wound has healed, daily, gentle massage of the wound with moisturising cream can help soften the scar.

Activities

What you can or cannot do with the operated hand depends on your comfort level, provided that the bandage and dressing are kept clean and dry. Early usage of the hand to perform simple tasks can be beneficial to its recovery to normal function.

YOUR NEXT APPOINTMENT WITH MR JAMES LEE

Date:

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Time:

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