



Florida Bone & Joint
SPECIALISTS



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POST OP INSTRUCTIONS – CARPAL TUNNEL

- Keep hand and arm elevated most of the time.
- The numbness from the surgical anesthetic usually lasts about 6 hours, although it could be longer.
- You will have a Coban dressing and a removable splint. The splint can be readjusted and even removed but should be on when you are doing even light activities, going out and sleeping.
- On post-op day _____ it is OK to remove the bandages entirely. You can wash with soapy water, but do not soak (no dishes, hot tubs) or immerse in the water.
- I want you to move your fingers freely, just don't lift anything more than a pound or two—if it hurts don't do it.
- If you had surgery on your dominant hand, writing will be very difficult, don't push it.
- The splint is a reminder to not lift anything. Wear it when you are out and about and to sleep.
- Do not use over the counter salves, Neosporin, Bacitracin, or other ointments on the wound. Hands and fingers sweat and the wound can get macerated and open up.
- Band-aids are ok, but make sure to let the incision “breathe” as it will heal much faster with air.
- It is normal to have any type of nerve symptom. Numbness, increased/decreased feeling, shooting electrical impulse or nothing. Abnormal feelings can take some time to go away. The nerve is damaged before we start and surgery will irritate it. Healing of the nerve can take up to 6 months in severe cases.
- Any redness increased heat, and of course, anything that looks like an infection required you to call us to be evaluated.
- You may have been given a prescription for pain medication. Most patients do not require narcotic pain medications for carpal tunnel surgery. Ibuprofen is fine to take with or in place of narcotic pain medication.
- If you do not have a follow-up appointment, please call 916-8480 for an appointment.

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