



Florida Bone & Joint
SPECIALISTS



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POST OP INSTRUCTIONS – REDO CARPAL TUNNEL

- Keep hand and arm elevated most of the time.
- The numbness from the surgical anesthetic usually lasts about 6 hours.
- You will have a splint. The splint should not be removed.
- I want you to move your fingers freely, just don't lift anything more than a pound or two.
- 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.
- 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.
- It is ok to take ibuprofen in addition or instead of pain medication if needed.

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