



Alec Fedorov, MD
(541) 242-4812

Carpal Tunnel Post Operative Instructions

- Keep the dressing clean & dry.
- Elevate the hand as much as possible during the first few days after surgery. Apply an ice pack to palm side of your splint.
- Take pain medication, as prescribed.
- Move fingers as much as possible.
- **At your two week post op visit**, your splint and sutures will be removed. You will then be placed into a removable brace. Once you have been given your removable brace at the first post op visit, you will want to remove the brace several times a day. Bend the wrist forwards and backwards. Continue moving and stretching your fingers. You may now get the wound wet under running water. ***Do Not Immerse or Soak you hand at this time.***
- **Four weeks following your surgery**, remove the paper strips that were applied at your last visit. Apply Vitamin E lotion to the wound several times per day. You may now immerse your hand for activities such as dishwashing, swimming, or use of hot tub. Discontinue the brace and begin using your hand normally.
- Some pain at the site of the incision is not uncommon for the first three months following surgery. If the pain persists beyond three months, please contact our office.

****If you have a temperature greater than 101 degrees F, excessive pain or redness and drainage at the incision site, Please call our office immediately.**