
Hand and Upper Extremity Clinic

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Endoscopic Carpal Tunnel Release Post Surgery Information and Care

After an endoscopic carpal tunnel release, you should elevate and move your hand to reduce swelling, keep the incision clean and dry, and wear a splint as directed for support. Avoid heavy lifting and repetitive motions for the first several weeks, and begin physical therapy to regain strength and mobility. Avoid driving while taking narcotic pain medication and until you can grip the steering wheel comfortably.

Immediate post-op care

Rest and elevate:

Keep your hand elevated above your heart to minimize swelling.

Move fingers: Gently move your fingers frequently to prevent stiffness.

Keep clean and dry: Keep the surgical incision clean and dry, covering it with plastic wrap for showering if needed. Do not soak your hand in water until your doctor says it's okay.

Wear a splint: Wear a splint as instructed to support the wrist, especially for sleeping, but remove it for exercises as directed.

Follow surgeon's orders:

Your doctor will provide specific instructions on when to start physical therapy and what exercises to do to regain range of motion and strength.

Avoid heavy lifting:

Do not lift anything heavier than a 1 to 2-pound weight (like a can of soda) for the first couple of weeks, or until your sutures are removed.

Limit repetitive actions:

Avoid heavy, repetitive, or high-impact activities, such as hammering, weightlifting, and using power tools, for at least 6-8 weeks.

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Gradual return to activities:

Slowly return to normal activities as you feel able. You can resume light activities like writing and typing after a few days, but stop if you feel pain.

Avoid driving:

Do not drive while taking narcotic pain medication. Resume driving when you are no longer taking the medication and can comfortably grip the steering wheel without pain.

Pain management:

Take pain medication as prescribed. Be aware that some medications can cause drowsiness and you should not drive or drink alcohol while taking them.

Promote healing:

Maintain a healthy diet and do not smoke to help your body heal properly.

Massage:

Gently massage the incision area as directed by your doctor to help decrease tenderness and scarring once the incision is well-healed.

Follow-up appointments:

Attend all follow-up appointments, which are often scheduled around two weeks post-surgery to remove stitches and assess progress. or bluish color