



Carpal Tunnel Release Instructions for Patient

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1. Patient should elevate arm above heart as much as possible first 5 days. A sling does not get enough elevation. It should be near your ear- easier resting elbow on window pane in car, back rest of sofa- when lying flat, or, on pillows resting against chest when flat in bed.
2. Wool & Bandage dressing to be removed 48 hours after surgery leaving Mepore dressing intact. This is to be **kept dry** for 5 days. On 5th day the dressing can get wet, and sutures can be left exposed.
3. The sutures should be removed at about 10 days, by either Mr Nimon or General Practitioner.
4. You will be given a follow up appointment after surgery for 10-14 days. If you have not been given an appointment please ring Debbie on . 8376 9988 to arrange one.
5. Patient to be encouraged to move digits, as pain allows, as soon as possible.
6. Usually pain improves on a daily basis, but patient to rest at home and slowly do more each day. **If however pain suddenly increases, wound swells or redness or fluid discharges, please contact me ASAP- 8376 9988 or after hours pager available on 8378 2179.**