

Mr Khandwala's Post –Operative Instructions:For Carpal Tunnel Decompression

Bandage: The bandage may be removed and reapplied if tight. Please remove the bandage a week after surgery.

Washing: You are free to wash and dry the operated are after the bandage is removed (a week after surgery)

Stitches: These are usually dissolving. Massage the sutures and incision two weeks after surgery with any moisturizer . The sutures will fall off with dead skin at 3-4 weeks PROVIDED they have been touched and massaged.

Elevation: Please elevate your hand on pillows (at night) or in a sling in the early post operative period- first week. You must intermittently remove your hand from the sling and exercise your shoulder.

Use of the hand: Use your hand for all light activities. This helps the hand recover.

EXCERCISES:

1) Make a fist and hold your fingertips into your palm for ten seconds and then open your finger out straight for ten seconds. Repeat this exercise ten times every hour

2) Hold your arm and shoulder at right angles to your body and twist your palm so that it faces the sky in both directions four times a day

Recovery:

2 weeks to driving, 2-4 week to a desk job 6-8 week to heavy manual job
Night cramps usually recover soon after surgery

Pillar pain and shooting sensations are worst at 6 weeks following surgery and usually recover by three to 6 Months.

Nerve recovery can take up to 2 years depending on your age and the severity of the symptoms.

Loss of power usually get back to normal by six to nine months.

Stiffness usually improves with exercise in the first few weeks (Provided you have exercised!)

IF YOU HAVE ANY CONCERNS (WORSENING REDNESS INCREASING PAIN AND SWELLING) PLEASE PHONE THE HOSPITAL