

Carpal Tunnel Instructions

Aesthetic and Reconstructive Plastic Surgery

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Post-operative:

Week #1: You may begin gentle exercise and light use of the affected hand. You are encouraged to fully extend and flex your fingers. No resistance/squeezing exercises. You may remove the dressing on day 2 or 3 and replace with a clean gauze dressing or Band-Aid. Keep the area clean and dry.

Week #2: Your stitches are usually removed around 14 days post op. You may then submerge your hand in water (after stitches are removed). You should continue to keep the area clean and cover with light dressing or band aid. You may start active range of motion with the wrist during this second week.

Week #3-6: You may continue wrist range of motion and start more strengthening exercises now. The palm will remain tender for 4-6 weeks post-op and may even have some mild tenderness for up to 6 months. If the incision is completely healed you may begin gentle, firm scar massage with non-scented lotion.

Week #6 and after: You may begin resuming golf or other hand sports. Impact loading may begin at the sixth week. You should continue progressive strengthening exercises as directed. Grip strength is usually weak for 2-3 months; full recovery may take 6 months.

Please call our office for any acute pain, fever, signs of infection, opening of wound edges, or any other concerns or problems.

Emergencies only after hours/weekends/holidays, please call 317-880-0000.