Carpal tunnel release surgery

General

During the operation, the nerve is released. The numbness usually disappears rapidly following surgery.

Post-operative wound care

There will be a tight bandage on your wrist after surgery. Loosen the bandage slightly if it feels too tight. You may remove the bandage. After that you may wash the wound with water. Do not rub or use soap on the wound. Going to the sauna is allowed the day after the stitches have been removed. If there is exudate from the wound, cover it with a clean dressing.

Make an appointment at your health care/occupational health care to have the stitches removed by a nurse.

You may apply some lotion or skin cream to the area of the wound the day after your stitches have been removed. The area is sore and the edges of the wound will appear red for months. This is normal.

Pain management

Keep the affected hand elevated for three days. Take painkillers available from the pharmacy without a prescription for the pain. If necessary, apply an icepack to the operated area for 15 minutes at a time.

Things to keep in mind

Move your fingers immediately after the operation. Avoid bending the wrist fully for three weeks to allow the wound to heal. You should wear a light bandage on the wrist at night to keep it from bending too much. You may lift light objects (1 kg) with the affected hand, keeping the wrist straight.

Normal use of the operated hand is allowed after 3–4 weeks.

Sick leave

The doctor will write a sick leave certificate for you. The duration of the sick leave depends on the type of work you do.

Contact information

Please get in touch if

• there is a problem with your hand healing.

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