

## Carpal tunnel release surgery

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### General

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

### 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 \_\_\_\_\_.

The wound is allowed to get wet when washing \_\_\_\_\_.

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 centre/occupational health to have the stitches removed by a nurse \_\_\_\_\_.

The operated area will be sore and the edges of the wound may appear red for several months. This is part of normal healing.

### Pain management

Keep the affected hand elevated for three days. You can take over-the-counter painkillers for the wound pain. If necessary, apply a cold pack to the operated area every 2–3 hours, 15 minutes at a time.

### Things to keep in mind

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 sick leave depends on the type of work you do.

## Hand exercises after surgery

Moving the hand is very important for recovery. You should start moving your fingers actively on the day of the operation. The following day, you can start bending and extending your fingers. This reduces the formation of adhesion and prevents stiffness of the wrist and fingers. After the procedure, you should avoid bending the wrist fully for 2–3 weeks, but moving the wrist lightly within the limits of pain is allowed

Do the following exercises daily, several times a day, until your hand is healed and free of symptoms.

1. Bend the tips of your fingers.



2. Make a fist.



3. Keeping your fingers straight, move your thumb from side to side.

4. Spread your fingers and bring them together again.



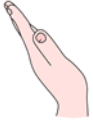
5. Touch the tip of your little finger with your thumb.



## Caring for and stretching the scar

The scar may at first be swollen and feel slightly tight. You can start applying emollient cream to the scar once stitches have been removed. When applying cream, massaging the scar gently with circular movements is recommended. The scar usually becomes softer over time. If the scar is clearly elevated and feels tight at 4–6 weeks, contact the unit where you had the procedure. You can start stretching the hand 3 weeks after surgery.

Keeping your fingers straight, extend your wrist backwards.



Pull your thumb away from your pointer finger. You can use your other hand to apply slight pressure to your thumb. Stretch your palm with the help of your other hand.



### **Please get in touch if**

- there is a problem with your hand healing.

### **Contact information**

Day Surgery Unit  
Monday to Friday, 8 am–3 pm  
Tel. 02 627 3840

Surgical Ward 2  
Tel. 02 627 6450