

## **Carpal / Cubital Tunnel Release Post Op Instructions**

### **Pain Control**

Keep your hand elevated, higher than your heart, as required for 2 to 3 days. Use a pillow if necessary.  
Take the suggested pain medication as directed -

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### **What to Expect**

Mild swelling or bruising

Improvement in daily numbness and tingling within days.

A slow, progressive improvement in symptoms and grip strength. Depending on your age, severity of initial problem and associated conditions, this may take as long as two years. Some symptoms may not return to normal.

### **The Dressing**

Check your circulation - press on your fingernails. They should turn white then return to pink when the pressure is released.

If your fingernail(s) is (are) blue or white, unwrap and re-wrap the bandages so they are more comfortable. If this does not improve circulation, contact Dr. Nodwell, your GP or your local ER.

**Keep your initial dressing intact for 2 (two) days.  
After 2 days.**

- 1) Remove all outer wraps and gauze. Do Not replace them.
- 2) Keep Steri-Strips intact (they will fall off in 3-7 days)
- 3) Wash the wound with soap and water. You may shower. Pat incision dry.
- 4) Use the hand for light activities (washing hair, preparing meals etc). Open and close fingers and move wrist as often as possible.



**Your Sutures**

Dissolve on their own.

**Activities**

Please see above for first 48-72 hours.

**3 days to 2 weeks**

Reintroduce activities as your pain and swelling allow. No Heavy Lifting (15 pounds) for 4 to 6 weeks.

Driving - You must be pain free and off all pain medication. Have another licensed driver with you for your first short trip.

**2 weeks to 6 weeks**

Back to work - many office workers and those who are self-employed return to work by 2 (two) weeks. Heavy labourers may take 6 (six) weeks or more.

**6 weeks and beyond**

Return to all previous activities including strenuous work and weight training.

**Special Instructions -**

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**Contact our office, your GP or present to the  
Emergency Department if you have:**

- 1) Signs of infection
  - a. Redness that spreads beyond the initial wound
  - b. Pain that worsens after 3-4 days.
  - c. Swelling that worsens after 3-4 days.
  - d. Flu-like symptoms (fever, chills, muscle aches and pains).
  
- 2) Questions or concerns not addressed by this handout.

**IMPORTANT INFORMATION**

Call our office at 613.729 1616 ASAP to arrange your \_\_\_\_\_ day / week follow up.