

Dr. Jennifer Robinson

Plastic Surgeon

**314 – 1964 Fort Street
Victoria, BC V8R 6R3**

P. 250-590-7097

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CARPAL TUNNEL RELEASE POSTOPERATIVE INSTRUCTIONS

IMPORTANT!

If any of the following occur please notify Dr. Robinson:

- Fever and chills
- Increasing pain rather than decreasing pain
- Redness extending around the wound
- Excessive bleeding

An appointment for suture removal should be scheduled for 2 weeks postoperatively at Dr. Robinson's office. Dr. Robinson will follow up with you in 4 weeks.

- The local anesthetic will last 2-5 hours
- If the incision oozes, elevation and pressure will stop the bleeding
- Tylenol and ibuprofen regularly should be adequate to treat your postoperative pain
- Remove the dressing 3 days after the surgery. You may wash the incision with soap and water daily, pat dry, apply a thin film of polysporin ointment, and a band-aid
- Start gentle range-of-motion (full-fist) exercises with your hands starting on postoperative day 3, four times daily.
- The nighttime pain should subside shortly after surgery
- The numbness in the thumb and fingers may take up to a year to return
- If damage has been long-standing and extensive, sometimes sensation will never fully return
- You should start scar massage 1 week after the sutures are removed if healing well
- If swelling and decreased mobility persists past 4 weeks, Dr. Robinson may refer you to a hand therapist – there may be a cost associated

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