

CARPAL TUNNEL INSTRUCTIONS



MCRAE PLASTIC SURGERY

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The splint can be removed seven days following surgery.

You can then use your regular carpal tunnel removable splint during the DAY only for an additional three weeks after you remove the original splint

After 7 days you can begin washing directly over the incision with regular soap and water. Avoid being too rough with the stitches, so they do not break. Apply polysporin ointment two-three times daily. Then replace with a new bandage to protect the incision area. Use polysporin for 7 days maximum. Then replace polysporin with daily vaseline moisturizer.

The stitches are dissolving and they usually take 3-4 weeks to dissolve.

Due to COVID, we will not book a follow up but a phone conversation or in person visit can be arranged.

Exercise the fingers as often as possible. They can be wiggled, opened and closed and make a fist several times per hour to avoid stiffness or swelling in the fingers.

Massage the incision line starting two weeks post surgery. The stitches will likely come out with regular massage.

Do not lift more than 10 pounds with the operated on hand for 1 month post surgery.

During the second week you can begin to bend the wrist and start doing very light tasks. If you develop any pain or swelling then you should stop Immediately.

It is common to have some swelling or tenderness around the incision or at the base of the wrist. This commonly resolves 8-12 weeks post surgery.

While follow up is not routinely necessary, if there is any concern, the Martin Center booking line for follow up visits with Dr. McRae in Toronto is 416-864-5280.