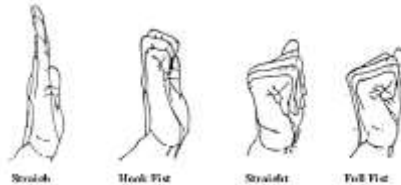


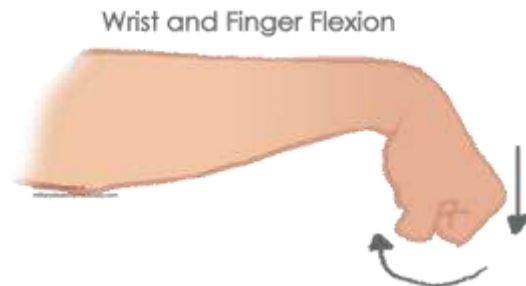
CARPAL TUNNEL SURGERY

Post Op Instructions for **Dr. Jurist's** patients:

- Keep sutures dry until post op appointment with Dr. Jurist (approx. 10 days)
- Elevate as necessary to control swelling and pain
- Attempt to make a full fist and straighten fingers as well as thumb in all motions. See pictures below
- No combined motions of wrist flexion (bending) and thumb pinching
- You may remove the post op splint 3 days after surgery and cover sutures with a Band-Aid. At this time you will start wearing your Velcro wrist splint.
- Remove the splint periodically to move the wrist.



AVOID:



Once sutures are out:

- Continue actively moving fingers/thumb/wrist
- Gently massage scar and region around scar. Note: this may still be painful for a few months post-surgery and is normal.
- Splint may be removed for sedentary activity, but remain on for any functional use and at night for 3 weeks after suture removal. After this time, more normal activities may be resumed as tolerated.
- Dr. Jurist will advise you when to resume heavy use (lift/carry) of the hand.

Remember, if your nerve was badly damaged as a result of the carpal tunnel compression, sensation in your first 3 fingers may take a few months to return.