

D E X T R A
PLASTIC SURGERY

**Mr Markus Nikitins
Mr Darren Molony**

83 Kensington Road, Norwood

All enquiries: 8223 7870

**Post Operative
Instructions**

**Endoscopic / Open Carpal
Tunnel Release**

Your next appointment is

If you are unable to keep this appointment please ring 8223 7870

ENDOSCOPIC OR OPEN CARPAL TUNNEL RELEASE

- Elevate the hand for the first 48 hours to assist in reducing swelling and discomfort. A sling will be provided to assist in elevating your hand or you may elevate on pillows whilst resting. You do not need to elevate when in bed.
- The bandage is to be removed 2 days after your surgery. You may then shower and pat dry the tape. The tape can be left on until your first appointment.
- Moving your hand is encouraged, but avoid strong gripping and pinching.
- Appointment at rooms 1 week post-operatively.

**If you have any concerns please contact
your Surgeon on 8223 7870**

**After-hours post operative emergency
please ring: 1300 339 872**