



**Mr Markus Nikitins**

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**All enquiries: 8223 7870**

## Post Operative Instructions

**Endoscopic / Open Carpal  
Tunnel Release**

**Your next appointment is:**



Reviewed by Consumer Representative  
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*If you are unable to keep this appointment, please ring 8223 7870*

## **ENDOSCOPIC OR OPEN CARPAL**

### **TUNNEL RELEASE**

- Elevate your hand for the first 48 hours to assist in reducing swelling and discomfort. A sling will be provided to protect your hand while still under local anaesthetic, and if needed for the first 24 – 48 hours, 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 should be left on until your first appointment.
- Moving your hand is encouraged, but strong gripping and pinching is to be avoided.
- Appointment at rooms 1 week post-operatively.

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