



CANADIAN PLASTIC SURGERY CENTRE

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Carpal Tunnel Release Post Operative Exercises

Post-operative care

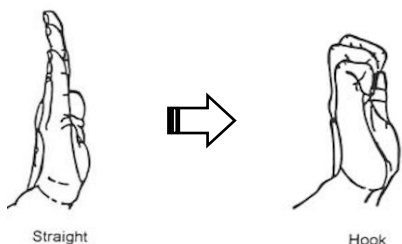
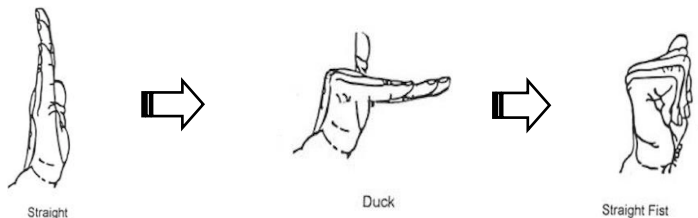
1. Remove bandages 48 hours after surgery.
2. Wash your hands with soap and water at least 3 times a day.
3. Apply a thin layer of Polysporin to incision site.
4. Monitor for signs of infection including: redness that spreads beyond the incision site, excessive swelling and pain or pus.

Exercises before stitches are removed

Perform the following exercises 3 times a day.

Position 1

Bring your fingers from an open/straight position to a duck position and then to a straight fist position.
(Repeat this exercise 10x.)

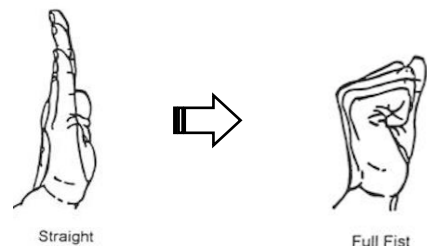


Position 2

Bring your fingers from an open/straight position to a hook fist position.
(Repeat this exercise 10x.)

Position 3

Bring your fingers from an open/straight position to a full fist position
(Repeat this exercise 10x.).



Position 4

Bring the tip of your thumb to the tip of your little finger and slide your thumb down the little finger to the palm. (Repeat this exercise 10x.)

Exercise after stitches have been removed

Perform the following exercises 3 times a day. (Repeat each exercise 10x.)

1. Wrist extension exercise.
2. Wrist flexion exercise.
3. Wrist rotation exercise.

