



**Town Center**  
ORTHOPAEDICS

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HAND & WRIST SURGERY  
UPPER EXTREMITY SURGERY  
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### *Post-operative Instructions: Carpal Tunnel Release*

- 0-2 weeks: Start finger, elbow, and shoulder ROM immediately after surgery. Gentle wrist ROM. Take dressing off after 4 days. Lift < 2 lbs.
- Follow up with me in 7-10 days for wound check
- Continue working on ROM until normal, but still no heavy lifting for 1 more week.
- 3+ weeks: No restrictions, start strengthening exercises and scar desensitization as needed