



Town Center
ORTHOPAEDICS

Baris Yildirim, MD
HAND & WRIST SURGERY
UPPER EXTREMITY SURGERY
1860 Town Center Drive, Ste 300
Reston, Virginia 20190
O: 703-435-6604 F: 703-662-4506

Post-operative Instructions: Carpal Tunnel Release

- Start finger ROM immediately after surgery. Take soft dressing off after 4 days. Wash incision daily with soap/water and cover with vaseline and band-aid. Lift < 2 lbs.
- 7-10 days postop: follow up with me for wound check. Continue working on ROM until normal, but still no heavy lifting for 2 more weeks.
- 3+ weeks: No restrictions, start strengthening exercises and scar desensitization as needed