

Post Operative Recovery Guide: Carpal Tunnel Decompression



Immediately After Surgery (0–48 hours)

- Keep your hand elevated above heart level as much as possible.
- Move your fingers fully every hour while awake.
- Keep the dressing clean and dry.
- Take prescribed pain relief as advised.

Early Recovery (2–14 days)

- Remove bulky dressing after 48 hours
- Use your hand for light daily activities.
- Avoid heavy gripping or lifting.
- Keep the wound clean and dry.

Return to activity (2-8 weeks);

- (Absorbable) Stitches are trimmed (10-14 days)
- Begin gentle scar massage once the wound has healed.
- Gradually increase light use of the hand.
- Driving is usually possible when you can grip safely.

Return to Work:

- Desk work: usually 1–2 weeks.
- Light manual work: usually 2–4 weeks.
- Heavy manual work: usually 4–8+ weeks.

Hand Exercises:

- Make a full fist, then straighten fingers fully – repeat 10 times.
- Touch thumb to each fingertip – repeat 10 times.
- Perform exercises 5–10 times daily.