

**ADVICE FOLLOWING YOUR ENDOSCOPIC  
CARPAL TUNNEL RELEASE SURGERY**

- The initial dressing should be kept in place for 48 hours and then replaced by the prescribed sticking plaster.

This plaster is to be changed daily over a period of two weeks.

The wound is cleansed using soap and water or betadine, and must be dried correctly before the new dressing is applied.

-After two weeks the wound may be left uncovered, the stitches are resorbable.

Redness or oozing is usual around the stitches as they dissolve, requiring no more than the simple cleansing of the wound for a few days.

- The fingers must be moved immediately following the end of anaesthesia. Normal everyday activities may be resumed after the second day and driving is permitted as from the third day, provided that the patient is capable of controlling the vehicle perfectly.

- Pressure on the hand is to be avoided, as is the carrying of heavy objects and repetitive movements for the first month following surgery.

- Pain and induration (hardening of the tissues) in the palm of the hand is usual when pressure is applied or where there are torsion movements and this can last up to approximately six months, generally disappearing completely after this period.

It is also normal to notice a loss of strength in the hand for the first few months.

-Physiotherapy is not systematic, but may be prescribed during the follow-up consultation in cases where there is difficulty in terms of hand mobility or when the healing process is painful or problematic.

More information can be found on Dr Roure's internet site:

[www.docteurphilipperoure.com](http://www.docteurphilipperoure.com)

In case of any problem, you can contact Paula on 33 1.40.79.40.31 or Virginie on 33 1.53.59.88.09

Dr Philippe Roure and his team wish you a speedy recovery.