

CARPAL TUNNEL RELEASE (ENDOSCOPIC/KEYHOLE)

PLEASE NOTE, this is the rehab protocol for KEYHOLE carpal tunnel release. For OPEN carpal tunnel release, refer to appropriate protocol on website.

Please correlate with operation note for patient specific post-operative plan base on intra-operative findings.

- Week 0-6
 - Debulk dressing in 48h after surgery
 - Keep hand elevated to minimise swelling for first 1-2 weeks
 - Waterproof dressing to stay on until 2 weeks clinic check
 - Passive and active finger range of motion exercises from day 0
 - Ensure full finger flexion and extension achieved within three days
 - This encourage finger range of motion but also nerve glide
 - Passive and active wrist range of motion
 - Flexion and extension to encourage nerve glide
 - Median nerve glide exercises



- Back to office work within 1 week
- Back to heavy labour/lifting after 4 weeks
- Follow-up appointments:
 - Day case: home the same day
 - 2 weeks clinic for wound check
 - 6 weeks clinic with Mr Francis Ting

Please note unlike open carpal tunnel release, both hands can be operated at the same time with keyhole surgery as the wounds are smaller and not over palm, so there is less risk of wound problems and infection to allow for continued self-care and toileting during wound healing and recovery.