

**D E X T R A**  
PLASTIC SURGERY

**Mr Markus Nikitins**

**83 Kensington Road, Norwood**

**All enquiries: 8223 7870**

**Post Operative  
Instructions**

**Endoscopic / Open Carpal  
Tunnel Release**

**Your next appointment is**



Reviewed by Consumer Representative  
2024-05

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*If you are unable to keep this appointment please ring 8223 7870*

## **ENDOSCOPIC OR OPEN CARPAL TUNNEL RELEASE**

- Elevate the hand for the first 48 hours to assist in reducing swelling and discomfort. A sling will be provided to assist in elevating your hand or you may elevate on pillows whilst resting. You do not need to elevate when in bed.
- The bandage is to be removed 2 days after your surgery. You may then shower and pat dry the tape. The tape can be left on until your first appointment.
- Moving your hand is encouraged, but strong gripping and pinching is to be avoided.
- Appointment at rooms 1 week post-operatively.

**If you have any concerns please contact  
your Surgeon on 8223 7870**