



DR CHEN TU PROTOCOL ENDOSCOPIC CARPAL TUNNEL RELEASE

Post-operative instructions



Protect the small wound, keep it dry and get the hand moving early.

DAY 0–2

MOVE EARLY AND CONTROL SWELLING

- Keep all dressings and Steri-Strips on and dry
- Elevate the hand for the first 24–48 hours.
- Start finger, thumb and gentle wrist movement today.
- Use the hand for light tasks as comfort allows.
- Tubigrip is optional for light compression and protection.

Every 1–2 hours while awake:
5–10 gentle reps

Add wrist bends
Do not force

IMPORTANT

- × No forceful grip or heavy lifting
- × No direct pressure through the palm
- × Do not wet or remove dressings
- × Remove Tubigrip if it feels tight



Straight • Hook

Tabletop

Full fist

DAY 2–14

WOUND CARE AND LIGHT USE

- Do not remove the dressing or Steri-Strips.
- Keep them dry until 2 weeks or review—whichever comes first.
- The buried absorbable stitch does not need routine removal.
- Continue all exercises and aim for a full, comfortable fist.
- Light typing, eating and dressing are encouraged as comfortable.



Thumb away

Each fingertip

Across palm

Tubigrip may be worn over the dressing when out. Spares are supplied. Remove it if wet, tight, rolled or causing tingling, numbness or colour change.

2+ WEEKS

RETURN TO FUNCTION

- After dressings are off and the wound is closed, wash normally and start scar massage.
- Weeks 2–4: build household tasks and lifting toward 5 kg as comfortable.
- Weeks 4–6: progress heavier lifting, shoveling, gardening, gym and manual work.
- Increase gradually; ease back if pain or swelling flares later or the next day.
- Grip strength and tenderness in the palm can take longer to settle.



Elevate early

Light daily use

Scar massage

Pain is your guide: progress only if the task is comfortable and does not cause a marked flare later that day or the next morning.

TYPICAL MILESTONES

1

DRIVE: DAY 3–4

- Grip and turn the wheel comfortably.
- Be able to react in an emergency.
- No sedating pain medicine.

2

AT 2 WEEKS

- Dressings / Steri-Strips off at review or 2 weeks.
- Until then, lift no more than about 1 kg.
- Start scar care once healed.

3

2–4 WEEKS

- Build lifting toward 5 kg if comfortable.
- Household chores and light work.
- Avoid forceful repetitive grip.

4

4–6 WEEKS

- Start shoveling and heavier gardening.
- Build gym weights and manual work.
- Increase gradually—pain is your guide.

KEY POINTS TO REMEMBER



Dressings dry: 2 weeks



Drive from day 3–4



≤1 kg until 2 weeks



Heavy tasks 4–6 weeks

CONSIDER HAND THERAPY IF:

- swelling or stiffness limits a full fist
- scar sensitivity or pain prevents normal use
- thumb weakness or poor dexterity is troublesome
- work or function is not progressing