



Carpal Tunnel Release Post-Operative Time Line

1. Your first post-op appointment will be at 10-14 days after surgery. During this visit, your dressings and sutures will be removed. There will be steri-strips applied to the incision.
2. Your second post-op appointment will be one month after the previous appointment. At this visit your incision and range of motion will be assessed.
3. You may want to go to physical therapy. We can give you a prescription or you can complete exercises on your own.
4. Return to work is based on your ability to tolerate the functions that are required for your position.