

Webster Surgery Center  
3300 Webster Street, Suite 1010  
Oakland, CA 94609  
(510) 451-1875

Dr. Warren Strudwick

Discharge Instructions for Carpal Tunnel Release

1. Keep your hand above your heart for 3-5 days post surgery
2. Keep the splint and incision dry until your first postoperative visit
3. Move your fingers and thumb as much as possible to decrease the swelling which normally occurs following surgery
4. Do not lift or carry heavy objects, perform forceful, repetitive, or prolonged activities with your hand
5. I will see you one to two weeks post surgery to remove the sutures
6. If you have any questions or concerns, please call my office at (510) 547-5633