



ROSENBERG COOLEY METCALF
THE ORTHOPEDIC CLINIC AT PARK CITY

Patrick Olson, M.D.

**Endoscopic Carpal Tunnel Release
Post-Operative Protocol**

<p>Day 0-14</p>	<ul style="list-style-type: none">• No lifting greater than 5 pounds<ul style="list-style-type: none">○ May do self-care activities as well as light duty work such as typing and writing• Keep surgical site clean and dry <p>Day 3</p> <ul style="list-style-type: none">• Remove post-operative dressing and keep steri-strips clean, dry, and intact. May place bandaid over steri-strips.
<p>Follow-up Visit (day 10-14)</p>	<ul style="list-style-type: none">• Incision site is checked by Dr. Olson's team. The sutures are absorbable• Once steri-strips fall off and incision site is fully healed, water activity is unrestricted• May gradually return to activity with no weight restrictions