

After Your Carpal Tunnel Release and Elbow Ulnar Nerve Release

Dr. Paul Nielsen

Dressings and Wound Care

- After surgery you will have a bulky soft dressing on your arm to help with swelling
- You may remove the dressing 3 days after surgery
 - Cover the incision with a band-aid
 - It is ok to shower over your incision but do not soak it in water
- Call our office at 308-865-2570 if you are concerned about your incision

Pain Medicine

- Tylenol and NSAIDs such as ibuprofen or naproxen are recommended as the primary pain medication after surgery
- You will be prescribed a stronger pain medication, such as tramadol or hydrocodone, in case you need them for a few days after surgery
 - You are allowed to drive when you are not taking prescription pain medication

Activity

- You are encouraged to begin moving your fingers, wrist, and elbow immediately after surgery to prevent stiffness
- Limit lifting to 5 pounds until the sutures are removed
- Elevate your arm for the first few days after surgery

Follow-Up Care

- You will have an appointment in clinic 10-14 days after surgery to remove sutures
- Formal therapy is usually not required

Results

- Most patients should expect to regain full range of motion and use of their arm within a month of surgery
- Numbness can occasionally take weeks or months to resolve