

After Your Revision Carpal Tunnel Release

Dr. Paul Nielsen

Dressings and Wound Care

- After surgery you will have a bulky splint on your wrist to hold it in a good position
- Leave the splint in place until follow up
 - You must cover the splint for showering to keep it dry
- Call our office at 308-865-2570 if something happens to your splint

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 immediately after surgery to prevent stiffness
- Elevate your hand above your elbow and heart for the first few days after surgery
- Limit lifting to 5 pounds until the sutures are removed

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 have significant improvement in their numbness and preoperative symptoms
- Numbness can occasionally take weeks or months to resolve