

# After Your Endoscopic Carpal Tunnel Release

## Dr. Paul Nielsen

### Dressings and Wound Care

- After surgery you will have a bulky soft dressing on your hand 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 and wrist immediately after surgery to prevent stiffness
- Limit lifting to 5 pounds until the sutures are removed
- Elevate your hand above your elbow and heart 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 hand within a month of surgery
- Numbness can occasionally take weeks or months to resolve