



Carpal Tunnel Release and Ulnar Nerve Decompression

- You have had anesthesia today. Please do not eat anything greasy, spicy, or heavy as this can cause stomach upset. Eat soft, easily digestible foods such as soup, mashed potatoes or fruit.
- Remove bulky dressing 48 hours after your procedure. Wash incision with Hibiclens. Re-wrap your wrist with the gauze provided to you. Leave this on for 48 additional hours, then remove and wash with Hibiclens again. You do not have to re-cover your incision at this point.
- After doing the above steps, gently clean your incision with the Hibiclens or a basic non-moisturizing soap daily. You should also cleanse it after doing anything that would allow bacteria into the incision such as toileting or food preparation. You may apply a bandage/band aid to cover you incision to protect it once the dressing is removed.
- Do not immerse your incision in water until it is completely healed. Examples include a swimming pool, dishwasher, bathtub, or hot tub.
- No lifting or prolonged use of the hand until your stitches are removed. You will be given an appointment for suture removal 10-14 days following your procedure.
- Swelling and pain can be prevented and relieved by elevating the arm above the level of your heart and applying ice 20 minutes at a time.
- Narcotics may be given for two weeks following your procedure to relieve incisional pain. These will not be prescribed long term. It is important that you do not take these medications in dosages higher than prescribed as this could make it difficult to breathe or cause over sedation or even death.
- Narcotics can cause constipation. Please increase the fiber and fluids in your diet or take a stool softener while you are on these medications.
- Call the office for fever > 101.5 , pus drainage, abnormal swelling, redness, wound that has broken at the seams or increasing pain. We may need to check the incision.
- Return to work will be determined by the job requirements and individual circumstances. Please discuss this with your neurosurgical provider. If you need a work excuse or FMLA paperwork please contact the GNS main office.

If you smoke, it is in your best interest to stop smoking completely. Cigarette smoking inhibits healing of nerve and bone tissues and increases the risk of complications such as wound infection. Eat a healthy diet, rich in proteins to help promote healing. Rest, relaxation and relieving stress are important components to good spine recovery.