Brenton R. Jennewine, M.D.
Orthopedic Surgeon, Shoulder & Elbow Specialist
www.brentonjennewinemd.com

Carpal Tunnel Decompression Postoperative Instructions

General Information

- My website: www.brentonjennewinemd.com contains answers to frequently asked postoperative questions.
- If you have any further questions, do not hesitate to contact my office during business hours:
    - Summit Orthopedic & Spine Institute: 307-439-1097

Medications and Pain Control

- Typical prescriptions I send for patients after carpal tunnel decompression:
    - Meloxicam: 15mg once daily
        - Do not take other NSAIDs or take if you are on a blood thinner, have kidney failure, stomach ulcers, or history of gastric bypass
    - Tylenol: 1000mg every 8 hours
    - Zofran (Ondansetron): 4mg tablet every 4 hours as needed for nausea/vomiting
    - Tramadol: 50mg every 6-8 hours only as needed for severe pain.

Diet

- Resume your regular diet at home

Dressing Care

- Your arm will be in a soft dressing after surgery. The wound is covered by a non-adherent dressing, gauze, and koban. You may remove these dressings on day 3 after your surgery. You do not need to replace these dressings unless you would like to or if there is some bleeding or drainage.
- Some drainage through the bandage/splint may be expected and most commonly occurs on day 2 or 3 after surgery.
- After your dressings are removed on day 3, you may begin showering and letting soap and water run over the incision. You may gently clean the incision with soap and water, but do not scrub. No submersion, swimming, baths, hot tubs, etc for 4 weeks. Do not apply any oils, ointments, or lotions to the incision

Activity

- Limit lifting with your operative hand to about 1-2 pounds for 4 weeks after surgery. Otherwise, you may go back to your regular activities whenever you would like.
- Keep your arm and hand elevated for the first several days after surgery, especially when you are sleeping or resting at home on the couch.

Home exercises

- Work on moving all fingers of your hand. Make sure you can make a fist and completely straighten your fingers. Work on moving your thumb away from your pinky and towards your pinky as well.

Ice

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- Ice may help with pain and swelling. If placing ice on your hand, make sure there is a towel or shirt between ice and your skin. Apply it for 15-20 minutes at a time.

Follow-up

- You will see me 10-14 days after surgery. Generally, this appointment is scheduled before your surgery; however, if it wasn't or you do not remember the date/time, please call Summit Orthopedic & Spine Institute: 307-439-1097 to schedule this appointment.

For any concerns, please contact my office

Please call my office if you begin to experience any of the following after surgery:

- Fever above 101.5 F
- Loss of motion or new onset numbness after surgery
- Excessive bleeding that is saturating the bandages
- Increased pain, increased redness around the incision, purulent drainage (thick, white drainage with a foul odor), or persistent drainage > 4 days.
- Swelling is normal after surgery for several weeks. Normal swelling generally improves if you elevate your operative extremity above heart level. Swelling that continues to increase despite elevation could indicate a blood clot is present, and you should notify our office or proceed to an urgent care. If you develop shortness of breath, difficulty breathing, or chest pain, please go to an emergency department.